

# After someone dies

Understanding  
Grief for Young  
People

## There is no 'right' way to feel

📞 | Freephone helpline: **0808 802 6161**

💬 | Webchat service: **crusescotland.org.uk**

✉️ | Email: **support@crusescotland.org.uk**

### What is bereavement?

Bereavement means losing someone through death.

It could be one of your parents, grandparents, brothers or sisters, friends, boyfriend or girlfriend – anyone who is important to you.

*"My dad died a week ago... I'm just in a dream hoping my dad will come home but knowing he won't."*

### What might I feel?

The feelings that we have after someone close has died can be called grief.

Everyone experiences grief differently – there is no 'right' way to feel.

Feelings can include shock, guilt, numbness, despair, intense sadness, depression, relief, fear, anger. It can sometimes feel as if we're thrown from one feeling to another to another.

It's not unusual to feel numb, which means feeling like you have no feelings at all.

*"I feel so lost and confused, it's like all the world came crashing down, **I didn't think I would ever stop crying.** Now I just feel so hurt and upset."*

*"Why did she have to die? I needed her. It's just not fair. Death no longer makes me sad, it makes me angry."*

# Life can just feel 'too much'

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## How can I cope with it all?

It can feel like the bottom has dropped out of your world that nothing good will ever happen again. How can you begin to cope?

Many young people find that they can't get on with day-to-day activities. Even small things like getting out of bed, going to school, talking to friends can somehow seem enormous.

Sometimes you might find that you get behind with school, college or work because you just can't concentrate. Life can just feel 'too much'. This is a common reaction.

It might help to explain to someone how you're feeling – maybe a teacher you trust, a friend, someone in your family.

If people know what you're going through, they are more likely to understand why you might be acting differently from normal.

*"My mother died 3 years ago. I never used to speak about her. Now, I can talk about her and be proud of the time. I shared with her. Whether I feel her every moment or not, I know she is always here with me."*

*'My dad died a month ago. I miss him so much, I can't cope with everyday things like going to college. I just want my dad back, is that too much to ask?'*

There are online resources which may help:

**Hope Again**

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

*This site is managed by our sister charity, Cruse Bereavement Care.*

**The Smart Grief Guide**

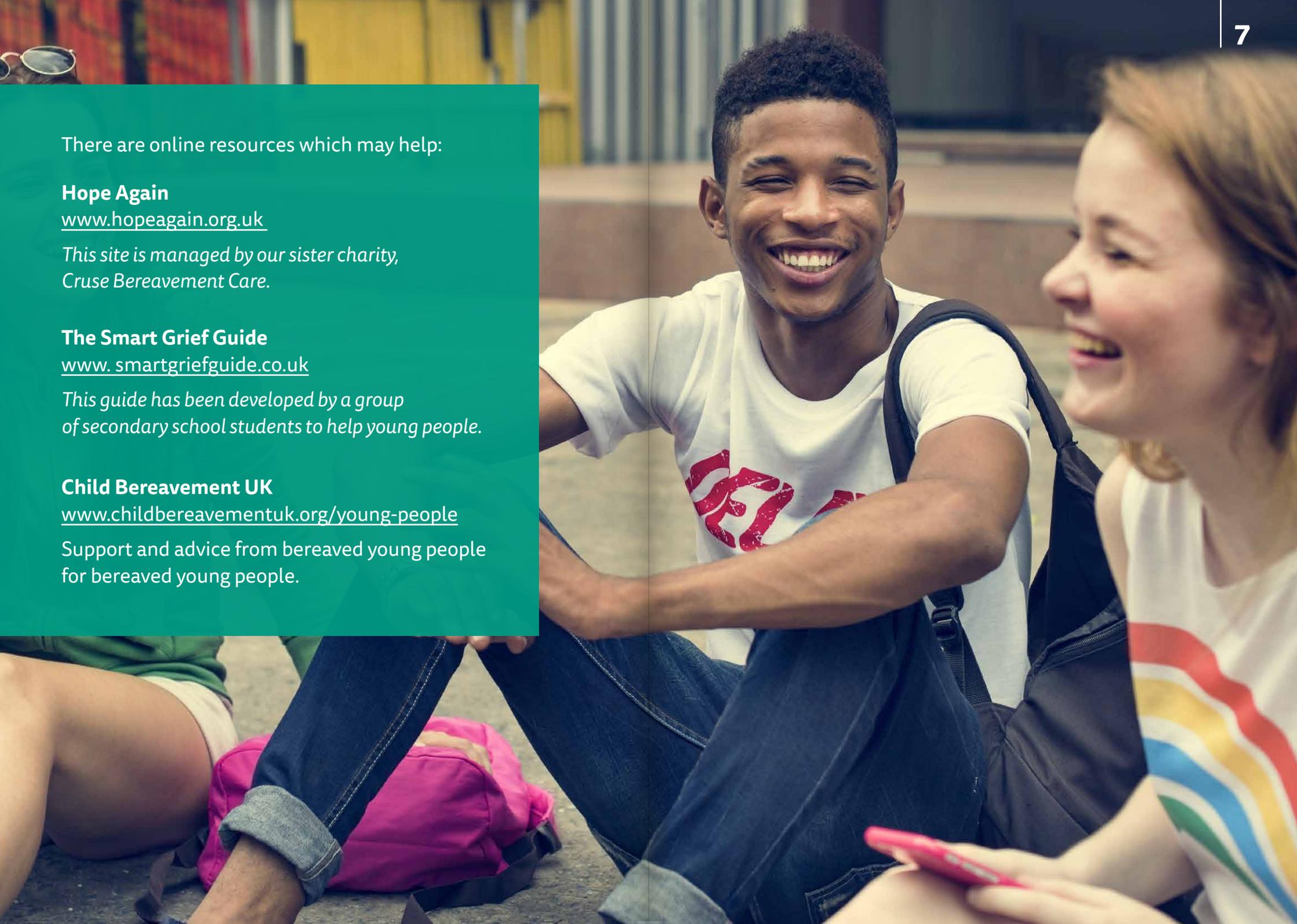
[www.smartgriefguide.co.uk](http://www.smartgriefguide.co.uk)

*This guide has been developed by a group of secondary school students to help young people.*

**Child Bereavement UK**

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

Support and advice from bereaved young people for bereaved young people.



## It can be hard to talk to each other

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### I feel so alone...

When you're going through something so painful, it can be hard to believe that anyone else can understand.

This can lead to feeling isolated, and finding it hard to talk to friends and family.

Although it can seem really difficult, finding someone to talk to about how you're feeling can be an important first step in coming to terms with the death of someone close.

Not everyone will understand but many will. People usually like to be asked for help, so you might be surprised that your friends or family are willing to listen and to support you as best they can.

If someone in your family has died, it may mean a lot of changes at home. Everyone can feel so caught up by what's going on for them individually that it can be hard to talk to each other.

In fact, sharing how you're feeling can be a good way to support each other during this really difficult time.

If talking to someone you know seems too big a step, it might be easier to talk to someone whose job it is to listen.

*"I was lucky to have a teacher who really seemed to care, and was there for me when I needed it."*



If you feel you would like to talk to someone who isn't part of your usual support network, we are here to help.

Our kind, non-judgemental and carefully trained volunteers are available to listen to you and help you express your feelings as you move through your own journey of grief.

The first step is to call our free National Bereavement Helpline **0808 802 6161**.

Alternatively, you can use our webchat service (if you are over the age of 18) or email **[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)**



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