

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing difficulties despite trying the tips in this leaflet
- continue to feel emotionally and physically exhausted
- are having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- have worries/concerns that make it hard to sleep or unable focus on other things

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Simon Says

Simon Says run monthly support groups where you can meet other young people who have been bereaved.

www.simonsays.org.uk
Support Line: 02380647550

Child Bereavement UK

Child Bereavement UK support children and young people (up to the age of 25) when someone important to them has died or is not expected to live.

www.childbereavementuk.org

If you need to talk to somebody right now, these organisations can help:

 NHS 111 ChildLine 0800 1111 Shout 85258 Samaritans 116 123  In emergencies, call 999

USEFUL APPS



Apart of Me



Smiles & Tears



Headspace



Mental Health
Support Team
Portsmouth

Portsmouth
Mental Health Support Team

NHS

Solent
NHS Trust

LOSS & GOODBYES

PICK-ME-UP



[pik-mee-uhp] noun

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.

WHAT IS IT?



Most people experience grief when they lose someone or something important to them. It may affect how you feel physically, mentally and socially. Everyone processes grief differently and there is no right or wrong way to feel, think or behave. You might feel grief following the death of a family member or friend, an illness of someone close to you, the loss or death of a pet, a change in a relationship or the loss of a relationship (like someone moving away),

HOW DOES IT FEEL?

However you are feeling, your feelings are valid and you are not alone. These feelings may not be there all the time and powerful feelings may appear unexpectedly. You might:

Have difficulty concentrating

Lose enjoyment in hobbies and interests

Feel a range of emotions from sadness, anger, fear, relief or even nothing at all

Become concerned about your (or others) health

Feel a sense of guilt, regret or responsibility

Have difficulty sleeping

Feel hopeless

Find yourself withdrawing from social situations OR wanting to connect more

RECOMMENDED BOOKS

The Invisible String (Author: Patricia Karst)

Tough Stuff Journal - Someone has died (Author: Pete English)

Sometimes Life Sucks: When Someone You Love Dies (Author: Molly Carlile)



WHAT CAN I DO?

Feel what you need to feel

Allow yourself time and space to grieve, no matter how long it takes. Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy and to let go when you're ready.

Talk about it

Let your school or college know so that they can provide support and help. You might be worried about upsetting people you're close to if they're grieving as well, but sharing how you feel can help you to support each other.

Write it down

You could try writing a letter to the person you have lost telling them all the things you want to say to them, or writing a letter to someone who is supporting you, so they know what you are thinking and feeling. Keep a diary or journal of how you feel, and express yourself through paintings or pictures. Create a memory box full of pictures and items which remind you of good times you had with the person you have lost.

Try to maintain your hobbies and interests

There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Look after your physical health

When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Try to avoid the use of things that might make you feel better temporarily, such as alcohol and drugs.

