

Dealing with grief as a young person

Where to start when the world feels upside down.

Check in with yourself

- Have you eaten today?
- Have you washed today?
- When were you last outside?
- Do you need to talk to someone?
- Have that cry or that laugh you've needed.

There's no 'right way' to grieve. It's ok to be:

- Sad
- Angry
- Numb
- Confused
- Anxious



Additional support

Grief information: www.cruse.org.uk

Grief resources: www.winstonswish.org.uk

Text support: www.themix.org.uk

If you are struggling with your feelings:
www.youngminds.org.uk

Chat to a counsellor: www.childline.org.uk

“I thought I shouldn't talk about it. But it was the best thing I did.”



Thinking about self-harm or suicide?

Tell someone. You'll get through this.
Call 999 or the Samaritans free on 116 123.

Cruse Bereavement Support

Find out more at
www.cruse.org.uk