#### **Psychology Service**

### neone with a loss



Telephone: 020 8966 6480

## **Inspiration board**

#### Other ideas

- Could bring people together all the people that lost some one in a group and see how they feel
- Express your feelings
- Give reassurance
- Give them a hug

"It happens to everyone. We will go through this together"

"You are not alone. You have us. Keep calm"

Your friend's reaction to a death or loss can vary. Some friends may have reactions that are short-lived. Others may have more severe and long-lasting reactions.

#### **ORGANISATIONS THAT MAY HELP**

**Bereavement Care** 

www.harrowbereavementcare.co.uk Tel. 0208 4275720

Child Bereavement UK

www.childbereavementuk.org Tel. 0800 0288840

Winston's Wish

www.winstonswish.org.uk Tel. 0845 20 30 405

Samaritans

http://www.samaritans.org/ Tel. 08457 90 90 90

RD4U

http://www.rd4u.org.uk Tel: 0808 808 1677

With thanks to pupils and staff at Norbury Primary School for ideas and drawings

#### **Harrow Education**

### **How to help some**



Educational Psychology Service Office





## Feelings your friend can have

People usually feel lots of different emotions when someone has passed away

"They're probably going to be feeling brokenhearted, sad, angry and depressed"

"You feel like you have an empty hole, you would like to stay there"

#### Possible emotions:



# How you can help

8 Do's

Do ask them if they need anything



Help them create a memory book to remind them of the person





Be ready to listen if your friend wants to talk about feelings

Do something nice for them like a happy card or gift.



Do talk to them. If they don't want to tell you., be a "pillow friend". Keep talking and communicate regularly to see if they are OK.

Do give them space but let them know that you are there for them and they are not alone.

Do try to keep normal



Do tell a teacher or adult to keep an eye on them if you are worried.







him a card

