

Inspiration board

Someone with a loss



Telephone:
020 8966 6480

Other ideas

- Could bring people together – all the people that lost someone 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

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How to help someone



Educational Psychology
Service Office

