

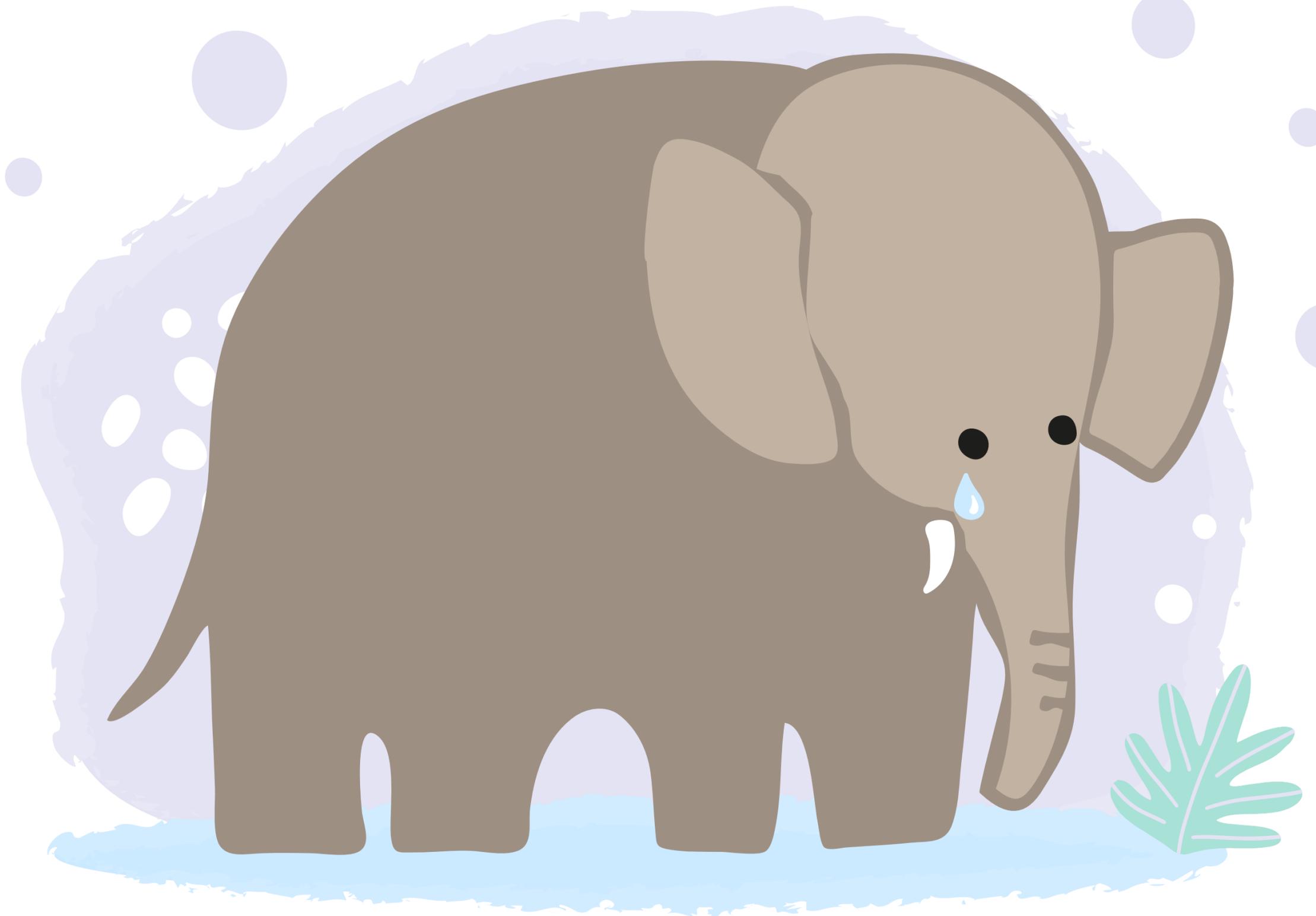
When
someone
you love
dies...





**PUT THEIR
PHOTO HERE**

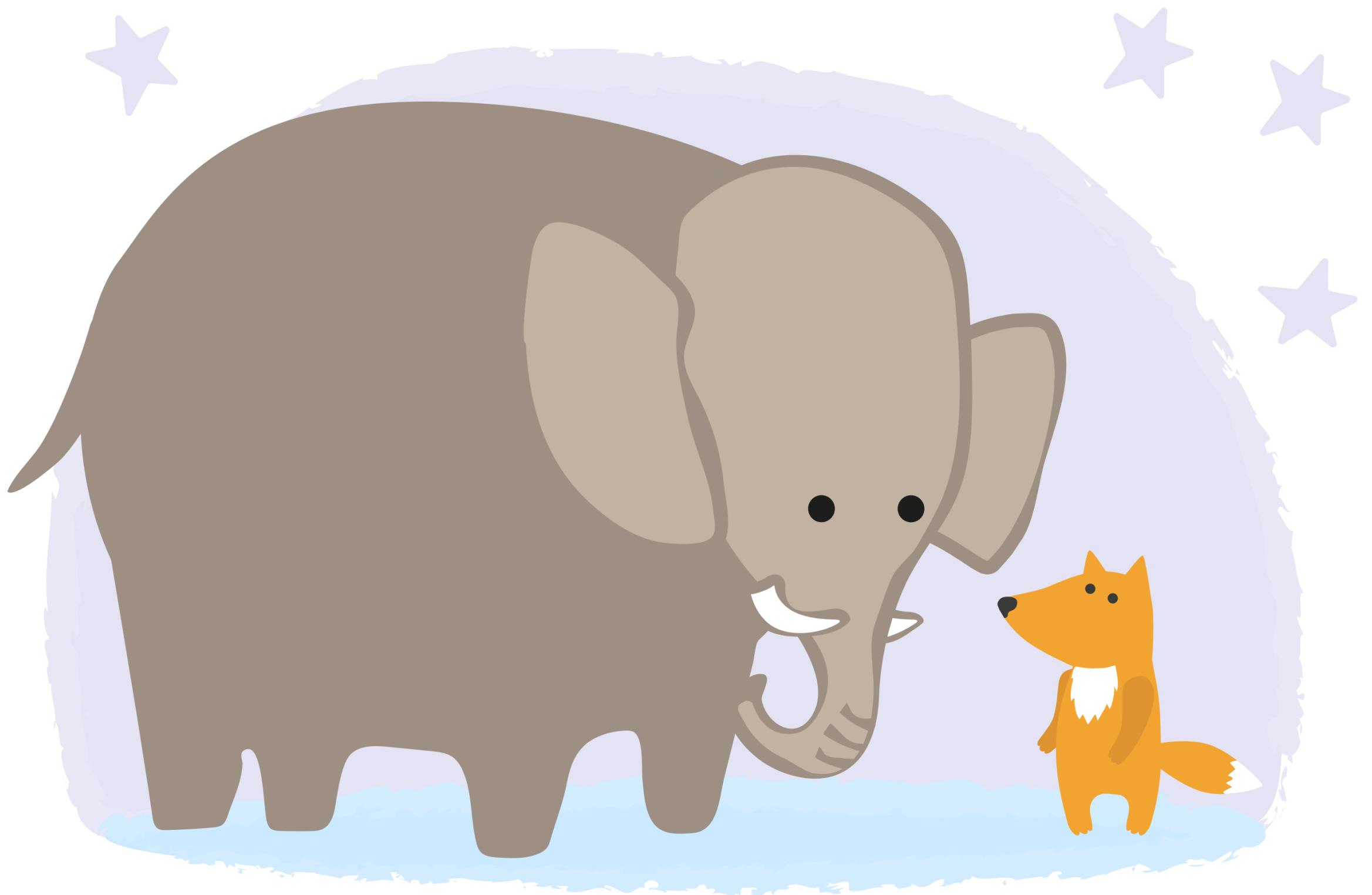
**It's OK to cry
and feel sad.**



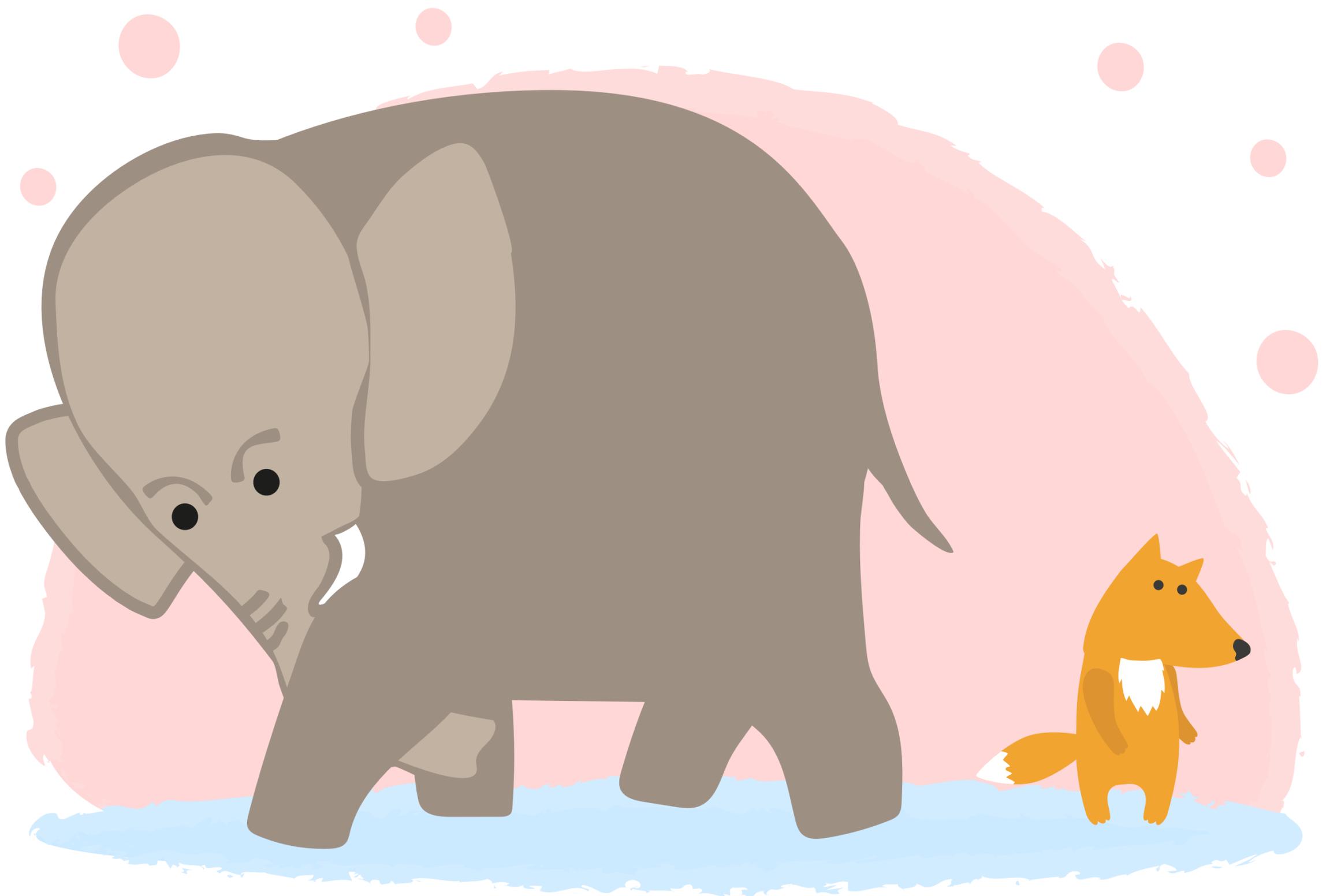
It's not your fault.



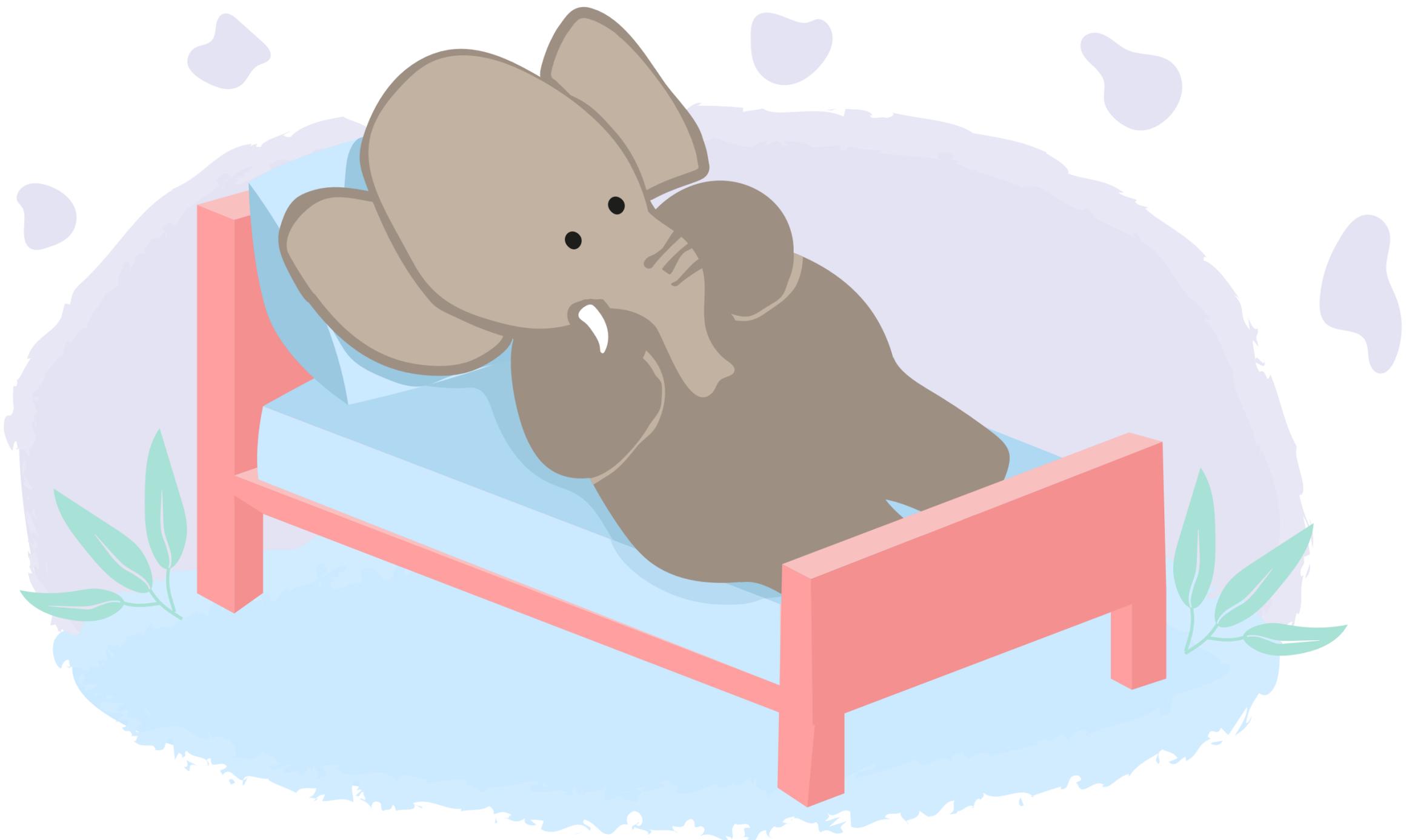
**If you are feeling sad,
tell someone you
trust how you feel.**



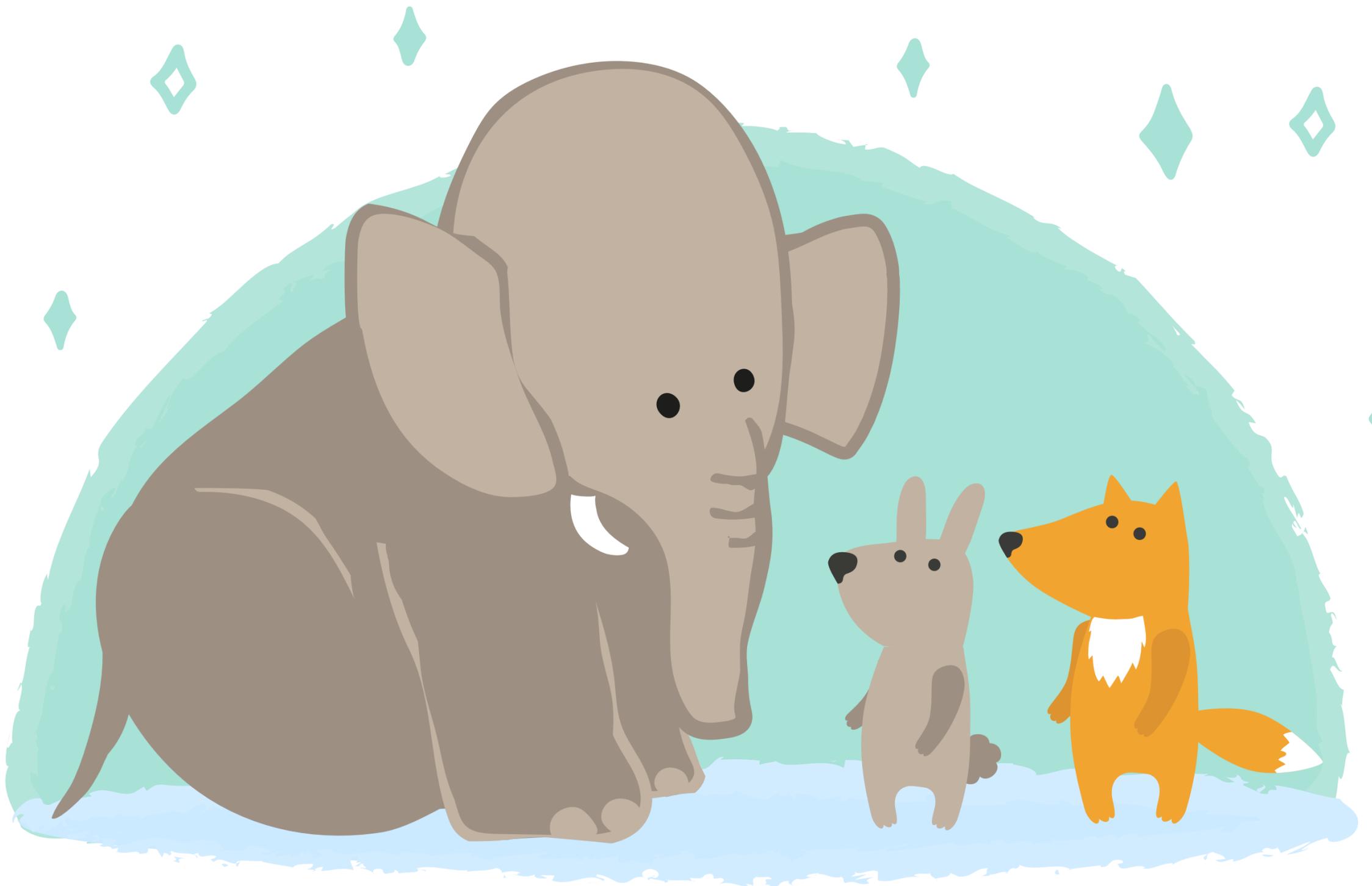
**It's OK to feel angry.
But hurting yourself or
other people isn't OK.**



**You may get tummy
aches or headaches
– lots of people do
when they're upset.**



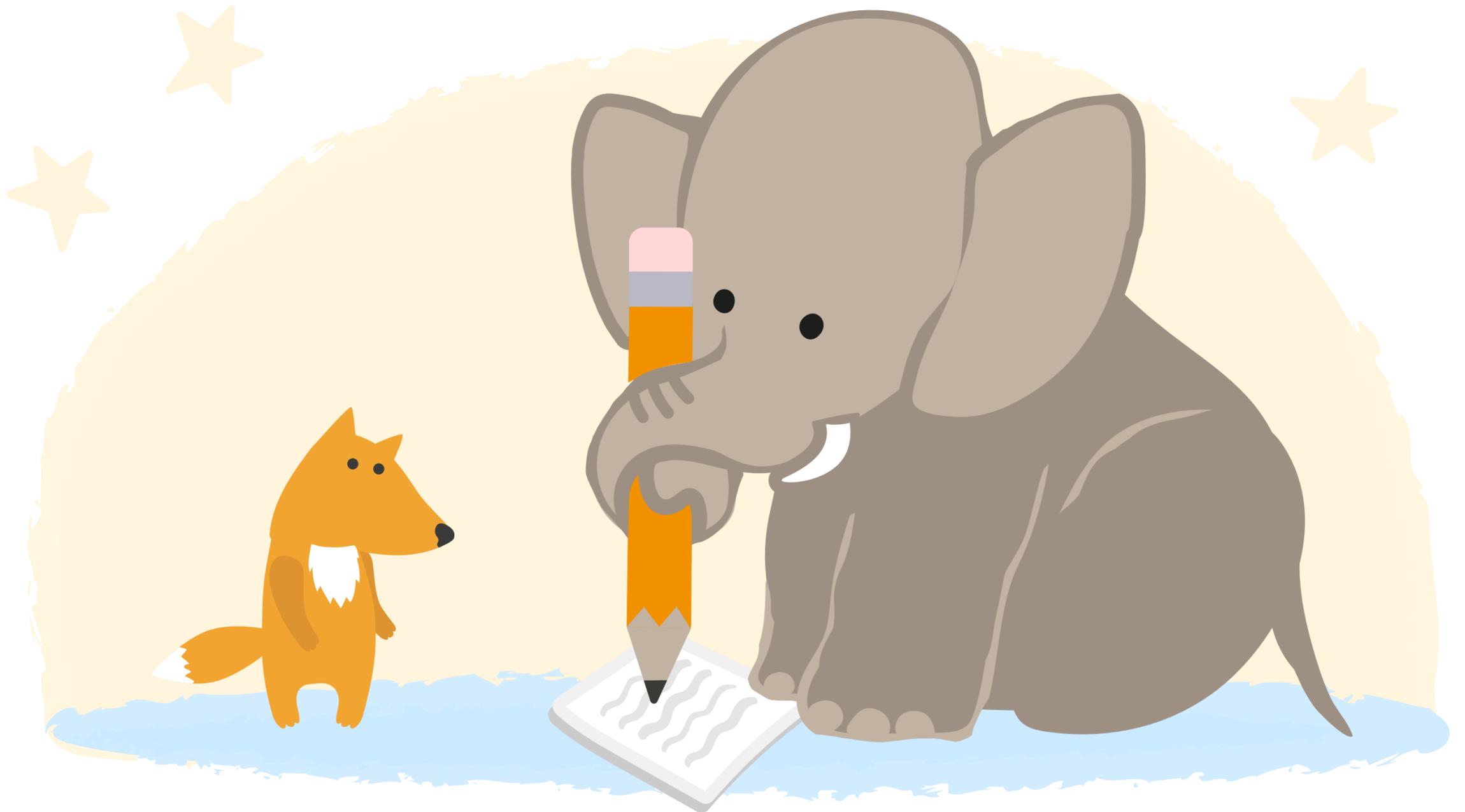
**There are lots of
people who can help
if you are worried.**



**You can write their
names HERE**

The image contains eight horizontal, wavy lines in a light gray color, arranged vertically. These lines are intended for writing names, as indicated by the text above them. Each line is approximately the same length and has a gentle, undulating pattern.

**Or write a special
message to yourself
or to the person
who has died.**





Cruse Bereavement Support

www.cruse.org.uk

Children's helpline

0808 808 1677

Cruse children's website

www.hopeagain.org.uk

Registered charity no. 208078

