

For Young People aged 12 to 18 years.

When Someone *I Love Dies*



CREIGHTONS
FUNERAL SERVICE



“ People die but the relationship lives forever ”

Grief

All of the different thoughts, feelings and reactions that we experience after someone close to us has died can be called grief. Grief is a natural and normal human response to loss.

How will it affect me?

The death of someone close to you can turn your world upside down. Small things can seem too hard to do and life can just feel “too much”.

Everyone experiences grief differently - there is no ‘right’ way to feel or respond.

Feelings that you might have can include shock, intense sadness, anger, confusion, fear, loneliness, guilt, worry, relief, depression or anxiety. Often these feelings can come and go in circles and change quickly.

It is not unusual to initially feel numb which means feeling like you have no feelings at all.

Grief also affects how we behave. You might notice a change in your eating patterns, difficulty sleeping or nightmares. You may not want to hang out with your friends or family, have lots of fights or arguments with others, pretend the loss has not happened, hide your feelings or do lots of risky impulsive things.

Difficulty concentrating and remembering things is also common during grief. Ask for help if this starts to affect your school, uni or work performance.

Remember that you are allowed to have fun and to laugh. This does not mean that you will ever forget the person who has died or that they were not important to you.

How long will it last?

Grieving is such an individual process that it is impossible to say how long it ‘should’ take. Grief changes us and it takes time for us to adjust to the change. What most young people find is that gradually, over time, things do get easier.

As time passes healing does occur, the intense pain and sadness will subside and life will continue in a new and different way. While good days and bad days are normal, in time there will be fewer bad days and more good days. You will begin to invest in life again and plan for your future.

What can help?

There is no magic wand to make the pain go away or bring life back to normal. You might like to try some of the things that other young people have found that have helped them to ease their pain and come to terms with their loss.

- Find your own way to say goodbye to the person who has died and do this in your own time.
- Go to the funeral.
- Accept your feelings and allow yourself to cry.
- Express what you are thinking and what you are feeling. Keep a diary or journal, write, paint, draw, sing, play music or dance.
- Create a special memory box where you can keep anything you want that reminds you of the person who has died.
- Take time out for yourself – go for a walk, listen to music, hang out with friends, exercise or play sport.



“ It’s important to explore
your feelings at this time ”





“ Find your own special way
to say goodbye ”

- Talk about the person who has died.
- Acknowledge special occasions and anniversaries in a way that is meaningful to you.
- Talk to someone about how you are feeling. A family member, friend, youth worker, teacher, counsellor or doctor.

Who can I contact for support?

● Seasons for Growth

☎ 02 8912 2700

➤ www.goodgrief.org.au/seasons-for-growth

● National Association for Loss & Grief (NALAG)

Central Coast Branch

☎ 02 4369 1431

➤ www.nalag.org.au

● Kids Help Line

24/7 phone, email and web counselling support for children and young people

☎ 1300 308 307

➤ www.kidshelp.com.au

● Reach Out Australia

a web based support service for young people

➤ www.reachout.com

● Youth Beyond Blue

☎ 1300 22 46 36

➤ www.youthbeyondblue.org.au



Central Coast 24hr Careline **02 4324 1533**
Offices at: Palmdale, Mingara, Toukley, Erina Heights

Hunter Region: 24hr Careline **02 4991 5556**
Offices at: Kurri Kurri, Cessnock

Sydney 24hr Careline **02 9488 9265**
Cnr Pacific Hwy & Telegraph Road, Pymble

Email: creightons@palmdalegroup.com.au

PO Box 55, Ourimbah NSW 2258
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