



5. Additional Information and Support

- Let a trusted adult at your school know; they can offer support and advice
- Contact Child Bereavement UK – 0800 0288 40 or www.childbereavementuk.org
- App – Download Child Bereavement UK’s App for 11 – 25 year old
- Contact Edinburgh Psychological Services – 0131 469 2800



4. Take Care of Yourself

Managing your mood and feelings can be very hard but things will start to feel better in the future. It helps to:

- get plenty of sleep, eat healthily and stay active

- Be kind to yourself

Young people who have experienced loss and bereavement offer advice on taking care of yourself: -

www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx

1. Responses to Loss

- Everyone’s responses are different
- You may feel anxious and worried about yourself, family or friends
- It is normal to have big changes in your mood , to feel numb, low, irritable or angry
- It is normal to have difficulty sleeping , to feel tired or to want to eat too much or too little



2. What can help

- Talking to trusted adults or friends about how you feel
 - Taking time to do things which help make you feel good e.g. listening to music, watching your favourite film, finding a quiet place to be on your own
- It is OK, and helpful, to do nice things and spend time not thinking about your special person



3. Ways to remember

- Make a memory box – with photos, mementos or special items
- Make a record of special memories or photos – this could be online
- Keep written memories in a special jar or box, and add to them



Managing Loss and Bereavement – For Young People