



An Emotional Journey

"Bereavement can be an overwhelming experience"

When someone close to you dies, suddenly you experience some very difficult emotions. Even if someone had been incredibly ill, their death can still be a shock which can trigger lots of very confusing emotions, such as numbness, disbelief and guilt.

These are normal reactions. Bereavement is a journey that has no map, although support and coping strategies can make the path easier.



Maybe it's more difficult to concentrate?



Maybe your mind feels confused and your thinking seems muddled?



Maybe all you can focus on is the person who died, how they died, or your life with them before they died?

All these responses are part of normal grieving.

Some of these emotions can give rise to feelings of depression, you may even think about your own death.

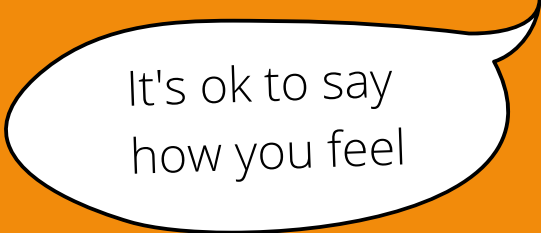
It may feel bad, but it is a perfectly normal reaction. Confusion can make you feel like you don't know what's happening to you, it's nothing you have experienced before so, why should you know?

Some Things You Can Do

It's ok to say how you feel. It's ok to talk about, or even to, the person who has died. It's good to share memories.

A few things you can do:

- Create a memory box about your loved one.
- Keep a journal of your thoughts.
- Create art work, make or take photos
- Plant flowers in memory of your loved one.
- Take time to sit and think.
- Remember the happy times.



It's ok to say
how you feel

Penhaligon's Friends is a Cornish charity which supports children, young people and families who have experienced the death of a loved one.

We can provide telephone support to help with the difficult times. We run family groups, teens groups and memory days. Sometimes it helps to meet other people who have experienced similar circumstances. We also provide one-to-one support when needed. Our website is www.penthaligonsfriends.org.uk.



Other Websites for Support

www.hopeagain.org.uk

www.winstonswish.org

www.childbereavementuk.org/young-people

www.griefencounter.org.uk/young-people (0808 802 0111)

www.thegoodgrieftrust.org/find-support/for-young-people

youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss

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