

Lost?



When something sad happens we hope it isn't true, or we want to pretend it hasn't happened. It may take a long time for the truth to sink in. When it does, we may feel...

frightened
frightened

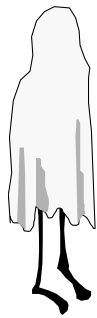
sad

up
set

guilty

confused

We may want to...



hide



kick out



shout and
scream



run away



ask questions

Don't worry!! It's ok to feel like this.

So...

- ◆ Don't worry about crying.
- ◆ Don't be afraid to talk.
- ◆ You may want to talk with someone you trust—
a friend, a relative or a teacher.
- ◆ You're likely to feel upset, stressed or angry, so
it's a good idea to find ways of letting the
feelings out, like...
 - squeezing a stress ball,
 - kicking a football,
 - throwing a screwed up newspaper,
 - cuddling a teddy!



If you want to talk to someone,
you can contact

The Listening Ear
210a, Selhurst Rd,
South Norwood,
London.

SE25 6XU

Phone: 020 8771 3030

Email: WBS@fish.co.uk

Don't forget to tell an adult first.

Woodside Bereavement Service
Registered Charity 1041666