



lost?

If you want to talk to someone:

Woodside Bereavement Service
Waterside Centre, 26 Avenue Road, London SE25 4DX

Tel: 0203 256 2009 | Email: wbs@thelisteningear.org.uk
Web: www.thelisteningear.org.uk

Registered Charity 1041666

**If you need to
talk to someone...**

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...

CONFUSED
SAD
upset
FRIGHTENED
GUILTY

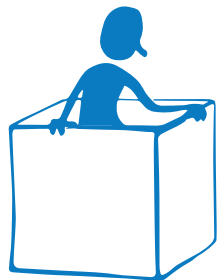
We may want to...



kick out



shout
and
scream



hide



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 your feelings out, like...
 - Squeezing a stress ball
 - Kicking a football
 - throwing a screwed up newspaper
 - Cuddling a teddy!

