

Dealing with death



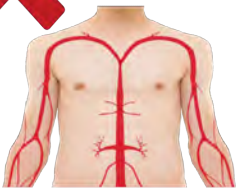
Easy read fact sheet



Death is when a person stops being alive.



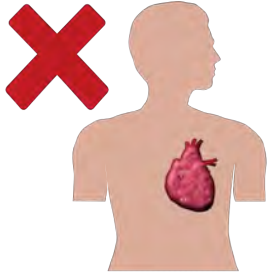
It means they have 'died'.



Their body has stopped working.



They can not move.



They do not have a heartbeat.



They can not breathe or talk.



People can die when they get very old.



Or if they get very sick.



People can die if they get hurt in an accident.



People can die in lots of different ways.



It is a natural part of life.



Every person will die one day.



Being dead is permanent.



That means they will never be alive again.



When a person dies, they might have a funeral.



This is when friends and family celebrate the person that died.



There are lots of different ways to have a funeral.



People have different beliefs about what happens to a person when they die.



You can find out what your friends and family believe and decide yourself.

Your feelings when someone dies



You might feel very sad when a person dies.



This is called 'grief'.



You might feel lots of different emotions.



Everyone deals with grief in different ways.



You might find it hard to believe that someone has died.



Or hope that they will come back.



It can be really confusing.



You might not be able to control your emotions.



You might get really angry.



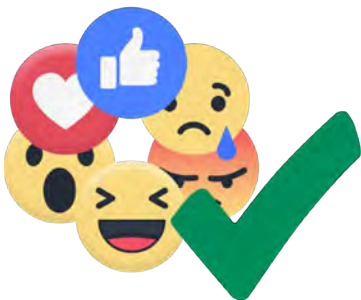
You might feel sick.



You might feel more tired than usual.



You might feel happy sometimes.



It is okay to have different emotions.



Everyone is different!



Grief might last a long time.



It can come and go.



It could take years for you to feel back to normal.



Or it might only take weeks.



Everyone deals with grief differently and that is okay.

Getting help for your feelings



Your friends and family might help you feel better.



You should talk to people about how you are feeling.



It might be hard to talk about the person who has died.



But talking can make you feel better.



If you are worried about your feelings you might need to speak to your doctor.



Your friends or family might have to tell you that you need help.



Your doctor should help you find a counsellor.



A counsellor is a person that you can talk to about how you feel.



They might help you understand your feelings.



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