



### When you lose someone, it's normal to:

- Have trouble sleeping, eating or concentrating.
- Go off things you normally enjoy doing.
- Pretend that you feel okay, even if you don't, because you want to be 'strong' for people around you.



### If you are missing someone:

- Don't bottle things up. It usually helps to talk about how you're feeling with another person, either with a friend or a counsellor.
- You might feel that alcohol or drugs could help you feel better. But all they'll do is cover things up, and not help you feel any happier.
- If you feel you want to harm yourself or even kill yourself, it's really important to tell someone so they can support you.

### Is your friend missing someone:

- Some people don't know what to say to a friend when they've lost someone and so they just keep away. So let your friend know you're there for them.
- Your friend might want to do 'normal' things with you to make them feel better, like going shopping, going to the cinema or going for a bike ride.



- Connexions Direct  
080 800 13 2 19  
[www.connexions-direct.com](http://www.connexions-direct.com)
- [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

- [www.itsnotyourfault.org](http://www.itsnotyourfault.org)
- [www.winstonswish.org.uk](http://www.winstonswish.org.uk)
- [www.rd4u.org.uk](http://www.rd4u.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice'

# MISSING SOMEONE



*"I was really close to my Gran and when she died I wondered if I could ever feel happy again. But day-by-day, things got easier and now when I remember her I can smile at some lovely memories."*

If someone close to you dies or disappears from your life, like a member of your family, a friend, a boyfriend or girlfriend or even a pet, it can be really hard. It's normal to feel shock, sadness, anger, guilt, loneliness, fear or depression.

You might also feel grief if you don't see your parents any more, if they have divorced or separated. You may have split up with a boyfriend or girlfriend or be missing a friend that has moved away and you may feel very alone.

Everyone reacts differently. There is no right way to feel when you are grieving.

You'll have days when you feel really sad, and might wonder if you can ever feel happy again. We all feel like this at times but after a while it will feel less painful. Talk to someone you trust about how you feel.

It's okay to get on with your life, when you are ready. This doesn't mean you have forgotten the person you are missing.

