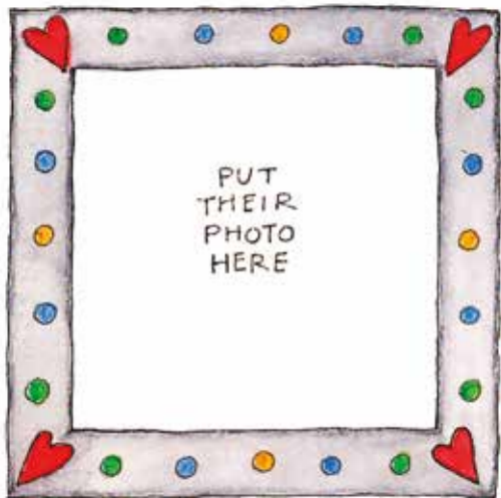


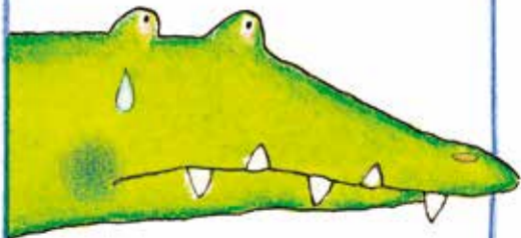


When
someone
you love
dies...



PUT
THEIR
PHOTO
HERE

It's OK to cry
and feel sad.



It's not
your
fault.



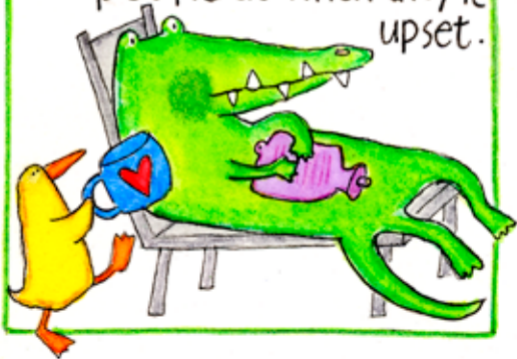
If you are feeling sad,
tell someone you
trust how
you feel.





It's OK to
feel angry.
But hurting
yourself or
other people
isn't OK.

You may get tummy aches
or headaches - lots of
people do when they're
upset.



There are lots of people
who can help
if you are
worried.



You can write their names
HERE

A set of six horizontal lines for writing names. Each line is flanked by a colored dot on both the left and right sides. The colors of the dots, from top to bottom, are red, blue, yellow, green, purple, and red.

Or write a special message to yourself or to the person who has died.







Cruse Bereavement Care

www.cruse.org.uk

Children's helpline

0808 808 1677

Cruse children's website

www.hopeagain.org.uk

Registered charity no. 208078

ARTWORK BY JAN BARGER