



# Bereavement

- Bereavement is when someone we are close to dies. This might be a member of our family or a close friend.
- Bereavement can be a difficult time. It is very normal to feel sad. We may also feel other emotions like disbelief, anger and guilt. These feelings can last for days or weeks.
- Everyone is different and everyone experiences bereavement differently. It is often a confusing time. For example, sometimes people can look happy but are actually sad. They might be trying to hide how they are really feeling.
- Slowly people feel better after a bereavement. Again everyone is different in how long it takes. It sometimes helps to talk about how we feel. It can be quite normal to have a sad moment months or even years later. This tends to happen when we think of the person who has died.
- Bereavement is an uncomfortable time. It is OK to feel sad or even a bit angry that someone has died. Slowly, we will begin to feel better.

