



When Someone Dies

- **When someone dies they are no longer alive. This means that everything that made them a person stops working.**
- **When someone dies it can make people who knew them sad. Sometimes people feel other emotions like anger. Sometimes people feel numb because they can't deal with the loss at that time. It can sometimes be difficult to accept that you won't see that person again. It is often a very confusing and uncomfortable time.**
- **How a person feels usually depends on how close they were to the person who dies. People often experience stronger emotions for close relatives and friends.**
- **Everyone is different and each person deals with someone dying in their own way. It can take days, weeks or sometimes months to feel better after someone dies. Again it often depends on how close you are to the person who dies.**
- **It is OK to feel sad and angry when someone dies. It is also OK to feel confused at this time. Talking to someone about how you feel can often help.**

