



Giving hope to grieving children

Dear

I am really sorry to hear that _____ has died.

When someone dies it's really normal to feel lots of different feelings such as

Some people find they become really overwhelmed with feelings, especially at school. Ways to help with this can be

Some people find they start getting involved in risky behavior because

This can really affect their mental health, so it is good to try some more healthy self-care ways to manage these big feelings, such as

There are some places and people you can get help from

I hope this has been helpful in some way, take care