

Easy read information

Someone I know has died

This leaflet tells you:

- about some of the feelings you might have when someone dies
- how to help yourself
- how to get support

This leaflet can be read with support.

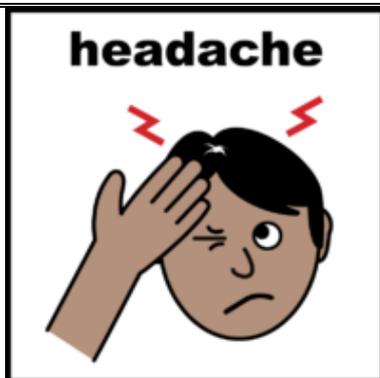


When someone you know has died...



You might feel:

- Shocked
- Angry
- Tearful
- Sad
- Confused



Changes you might feel in your body are:

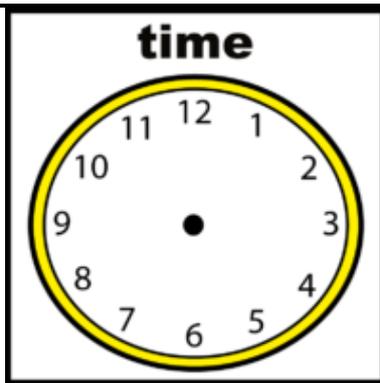
- Headache



- Not sleeping well



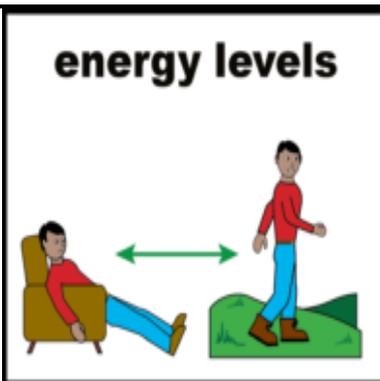
- How much you want to eat



The feelings you have when someone dies can go on for a long time. The feelings you have will change as time goes on.



It is normal to have these feelings, but everybody is different and will have their own way of coping.



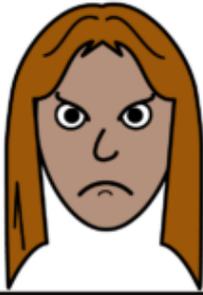
These feelings can take up a lot of energy.

Try to do what you normally do but it's okay to rest too.



It is important that you tell others how you are feeling

angry



You might:

- Want to be on your own
- Get angry
- Look for the person who has died
- Ask for the person who has died

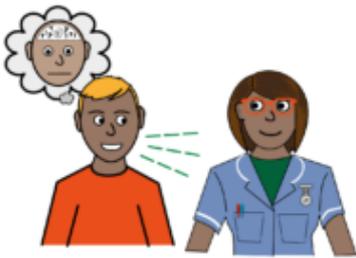
You can do these things to help yourself

my support



Talk about your feelings and thoughts with someone you trust. This might be a friend, relative or carer.

talk to



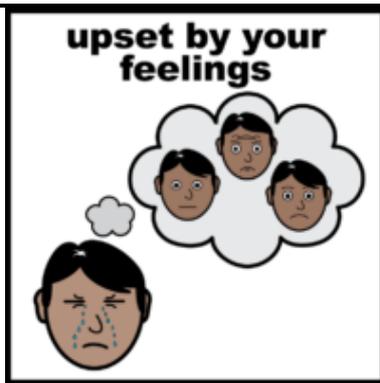
Talk to people you trust about the past in a positive way. It can take a while before you feel able to do this.

body and mind healthy



Try to eat well and get regular sleep

Plan nice activities that you can do to keep yourself busy and to have something positive to look forward to.

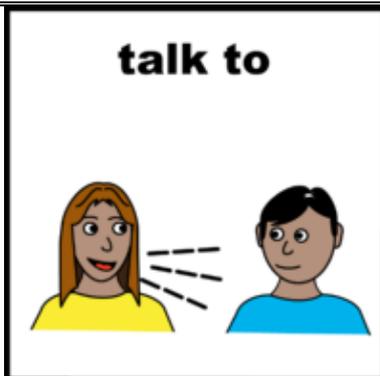


Changes in things you do are normal when someone you know has died.

BUT

- If they go on for a long time
- If you are worried, or
- If you feel you are not coping

You should ask for help or talk to someone



Here are the names of the people (or person) I can talk to:



If you need more help, you can:

- Talk to someone who supports you
- Talk to your GP
- Talk to the person you have named in this leaflet

Useful resources



Beyond Words Books

These books tell stories of important and often difficult life themes, including death and bereavement, in pictures.

www.booksbeyondwords.co.uk/



Dealing with a Bereavement

The Mencap website has some useful resources for families, carers and people with learning disabilities dealing with bereavement.

It also has an easy-read guide to using GriefChat, a free service where you can talk to a specially trained bereavement counsellor online.

www.mencap.org.uk/advice-and-support/dealing-bereavement



Macmillan Cancer Information and Support

You can access easy read booklets using simple language and pictures from the Macmillan Cancer Support Website

www.be.macmillan.org.uk/be/s-428-easy-read-titles.aspx



If you want to talk to someone about cancer and your feelings, you can call Macmillan on **0808 808 00 00**



Respond Helpline

Support people with learning disabilities, their carers, and professionals around any issue of trauma, including bereavement. Helpline: **0808 808 0700**



Cruse Bereavement Care

The national organisation for bereaved people.

Contact Cruse Bereavement Care, Cruse House, 126 Sheen Road, Surrey TW9 1UR.

Helpline: **0808 808 1677**



Local support organisation(s):



Our website

For information about our trust services, or general information on conditions and treatments and organisations offering support, please see our website:

<http://www.tevv.nhs.uk>

This leaflet is one in a series of three:

- Leaflet 1: Someone I know is going to die.
- Leaflet 2: Someone I know has died.
- Leaflet 3: Someone I know has died and they are going to have a funeral.

If you are unhappy about our services...



Please tell a member of staff.



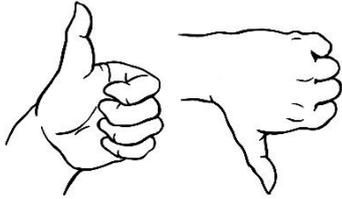
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide > LD Trustwide information

Patients and carers: Go to our website www.tewv.nhs.uk and search: Someone I know has died.

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