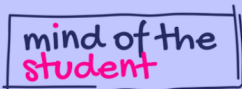


Advice for young people when someone has died



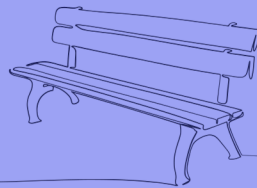
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Allow Yourself to Grieve:

It's okay to feel a range of emotions after experiencing loss. Give yourself permission to grieve in your own time and in your own way.

Don't suppress your feelings; instead, acknowledge and process them as they come.



Seek support:

2

Surround yourself with understanding friends, family members, or a support group who can offer comfort and companionship during this difficult time.

Talking about your feelings with others who have experienced similar loss can be incredibly therapeutic..

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open between 8am and 8pm, Monday to Friday/winstonswish.org

Take Care of Yourself:

3

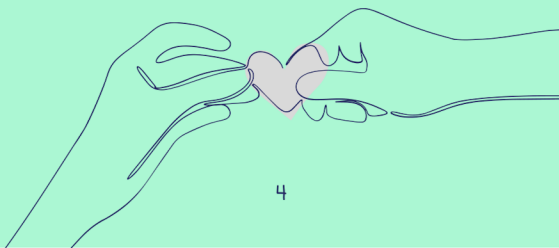
Remember to prioritise your physical and mental well-being. Make sure you're eating healthily, getting enough rest, and engaging in activities that bring you joy and relaxation.

Self-care practices like exercise, meditation, or journaling can help alleviate stress.



Remember Your Loved One:

Find meaningful ways to remember and honor the person you've lost. This could involve creating a memory book, planting a tree in their memory, or participating in activities or traditions that were important to them.



4

Be Patient with Yourself:

5

Healing from loss takes time, and it's a process that can't be rushed. Be patient and compassionate with yourself as you navigate through the stages of grief.

Allow yourself to feel the pain, but also recognise that healing and acceptance will come gradually.



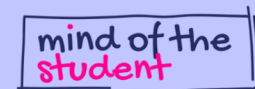
Seek Professional Help if Needed:

6

If you find that your grief is overwhelming or interfering with your ability to function in daily life, don't hesitate to seek professional help from a therapist or counsellor.

They can provide you with coping strategies, support, and guidance tailored to your specific needs.

More information can be found via mindofthestudent.org.uk.



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