

## Moving on



It may help to talk to family and friends or, if needed, someone else like a Youth Worker or a Mental Health & Wellbeing Worker or Counsellor.

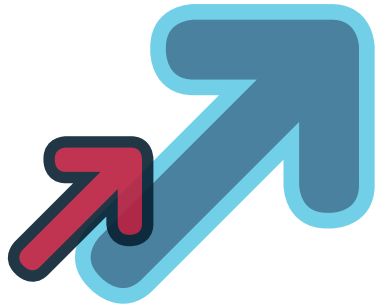
Exploring feelings and being able to express how you feel may help you and support you in your journey.

### Useful contacts

- **Winston's Wish: 08452 03 04 05**  
[www.winstonswish.org.uk](http://www.winstonswish.org.uk)
- **Cruse: 0808 808 1677**  
Home - Cruse Bereavement Support  
[www.cruse.org.uk](http://www.cruse.org.uk)
- **The Samaritans:**  
08457 90 90 90  
[www.samaritans.org](http://www.samaritans.org)

### If you have lost someone you love to suicide:

- **If you care share:**  
0191 387 5661  
[www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

### Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.



## Streetwise

YOUNG PEOPLE'S PROJECT

Streetwise  
Unit 3 Blackfriars Court  
Dispensary Lane  
Newcastle upon Tyne  
NE1 4XB

Tel: 0191 230 5400

Email: [admin@streetwisenorth.org.uk](mailto:admin@streetwisenorth.org.uk)

Facebook: @streetwisenorth  
Twitter: @streetwisenorth  
Instagram: @streetwisenorth  
YouTube: @streetwisenorth  
Discord: @streetwisenorth  
Website: [www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk)



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# The Streetwise guide to Bereavement



Streetwise  
YOUNG PEOPLE'S PROJECT

## Bereavement



Losing someone close to you can be one of the most confusing and upsetting times in your life.

A whole range of emotions flow and can happen at any time in any order.

Feelings range from hurt, confusion, fear, pain, anger, relief, sadness, distress, hopelessness, guilt, shock, denial, numbness, acceptance and a whole range of other feelings.

Physical signs can include;

- Loss of appetite.
- Losing sleep.
- Being anxious.
- Feeling hyper.
- Weight loss or weight gain.
- Headaches.
- Panic attacks.



## Helpful ideas



Things to try:

Keep a journal – write about or draw your feelings.

OR

Create a memory box of things that remind you of that person or pet e.g. perfume, photos, cards, possessions. This is your unique way of keeping those memories alive.

OR

Write the person or pet a letter, poem or a song.

OR

If anger is an issue try creating an anger wall with 'water bombs' e.g. potatoes, water bombs. Draw or write who or what has made you angry. Stick it to an outside wall and throw your 'anger bombs' as hard as you can. You could maybe share this with family and friends and hear what has made them angry.



## Special times



Special times such as birthdays, Christmas and anniversaries can be marked in different ways.

Things to try:

- Name a star.
- Make Christmas decorations to hang on a tree.
- Go for a walk or visit a special place.
- Have their favourite meal.
- Listen to their favourite music.
- Make or buy a new frame for your favourite photo of them.
- Or spend some time thinking of something that is personal to you.

