

Loss of a loved one



It's okay to talk about grief



This booklet is in Easy English and uses photos to help you understand the information about what happens when someone dies.



You might want someone like a family member, friend or carer to help you look at the booklet so you can talk about it.



If you feel upset and need help you can call:



GriefLine: 1300 845 745

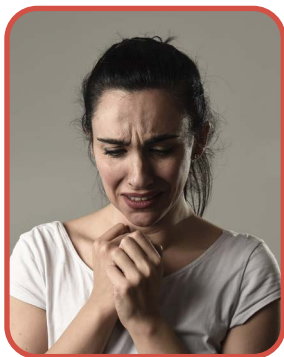


Lifeline: 13 11 14



Beyond Blue: 1300 22 4636

Lisa's story



Lisa is upset.

Her Mum died of cancer.

Her Mum was sick for a long time.



Lisa's Mum was in hospital a lot.

When she was home she was very tired.

She was sleeping all the time.

She didn't want to eat.

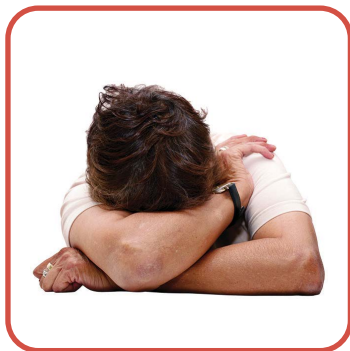


Lisa was with her Mum when she died.
It was good that Lisa had time to say
goodbye to her.



Lisa is confused.
She cries a lot.
Sometimes Lisa has fun with her friends.
Then she feels guilty for being happy.

When someone you care about dies, you might feel:



- sad
- angry
- upset
- lonely
- confused

That's called grief.

You might also:



- not want to eat
- have problems sleeping
- have headaches
- not want to talk
- cry a lot
- not want to do anything



What can you do?

You can talk to someone
you trust like your:

- family
- friend
- partner
- doctor
- counsellor
- support worker
- faith leader, like a priest





If you are feeling sad for a long time there are people who can help.



This can be a:

- **GP** – a doctor you see when you are feeling sick or sad.
- **Psychologist** – you can talk to about how you feel.
- **Psychiatrist** – you can talk to about how you feel and might give you medicine that can help you.



You can also talk to a counsellor.

A counsellor can help you talk about your feelings and problems.

Everything that you talk about with your counsellor will be kept private.

It's a safe place to talk about your feelings.



If you don't want to talk, you can draw or write about how you feel.



Sometimes talking to someone who has had the same thing happen can help.

What else can you do?



- exercise
- write a journal or diary
- paint
- look at photos
- make a video
- pray
- do things that you like doing



Where else can you get help?



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What did Lisa do?

Lisa talked to her Dad.

Her Dad told her that what she is feeling is called grief.



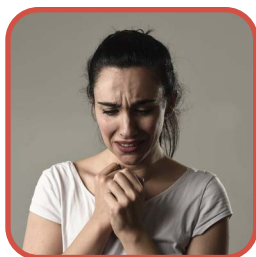
He said it's okay to cry and it's okay to be happy.

They looked at photos of her Mum and talked about her a lot.



Sometimes Lisa goes to the cemetery with her Dad.

They put flowers on her Mum's grave.



Lisa is sad sometimes when she thinks about her Mum and that's okay.



Grief is different for everyone.
Some people need more time than others.



Lisa misses her Mum.
She has good and bad days.
She knows she can talk to her Dad.
She doesn't feel guilty when she has fun.

Appreciation

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VALID

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Living, dying & grieving well



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