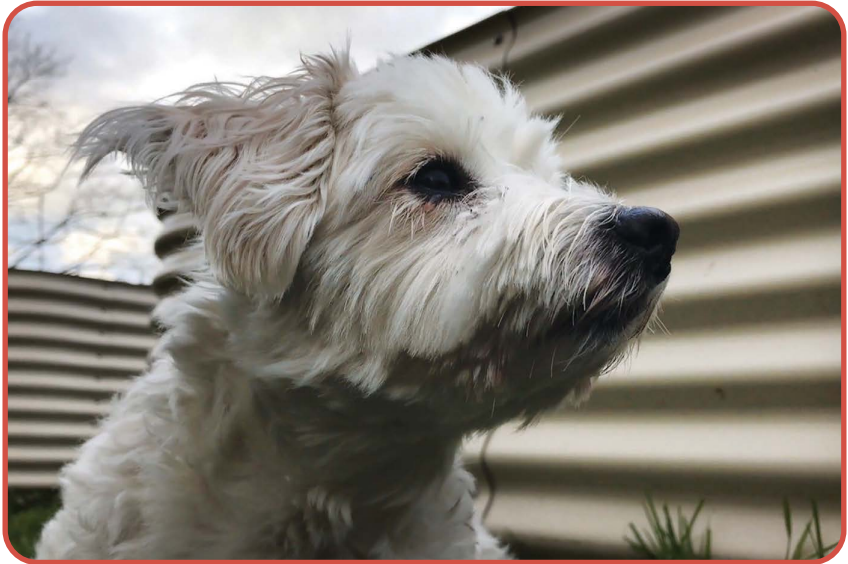


# Loss of a loved pet



**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

## Ben's story



Ben's dog died.

He is sad.

His dog was very sick.

He looked after his dog until his dog died.



He spent a lot of time with his dog.

He fed his dog and gave him medication.

He took him for walks.

Now Ben doesn't have a pet to look after.



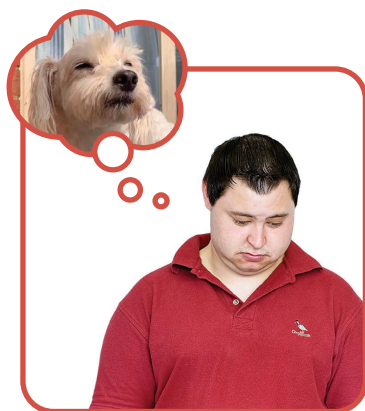
Ben misses his dog.

He feels lonely.

He doesn't want to eat.

He doesn't want to do anything.

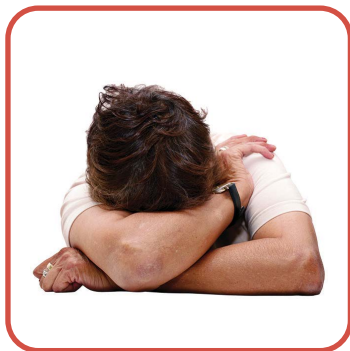
He cries a lot.



Ben's days are very different  
without his dog.

He can't stop thinking about him.

## 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



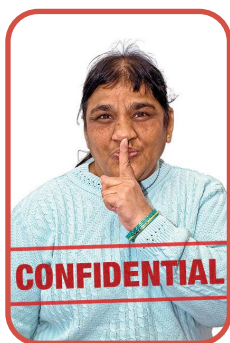


If you are feeling sad for a long time there are people who can help.



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?



**GriefLine:** 1300 845 745



**Lifeline:** 13 11 14



**Beyond Blue:** 1300 22 4636



## What did Ben do?

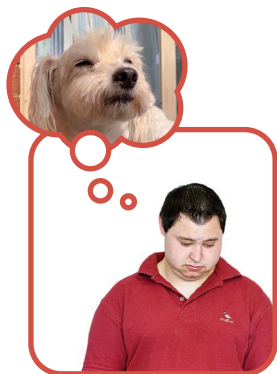
Ben talked to his friend Clara.  
Clara's dog died 6 months ago.  
They talked a lot and looked at  
photos of their dogs.



Ben made a video of his dog  
and watches it to remember the  
happy times they had together.



Ben has put a memorial in the  
garden for his dog.  
This is where he goes to talk to him.



Ben is sad sometimes when he thinks about his dog and that's okay.



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



After a while Ben got a new dog.  
Sometimes Ben misses his first dog but he is happy with his new dog.

# Appreciation

Palliative Care Victoria wishes to thank the self-advocates (Anthony, Greg, Jenny, Mary and Suzy) and staff members (Anthony, Sara and Zoe) from VALID and counsellor (Janet) for their contributions to this booklet.

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**VALID**

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VICTORIA  
Living, dying & grieving well



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