



Easy
Read
Online

Understanding death



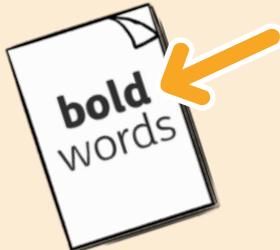
Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



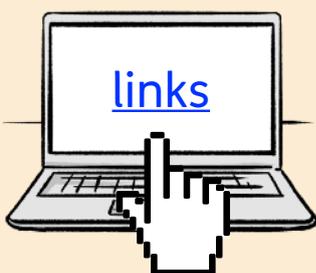
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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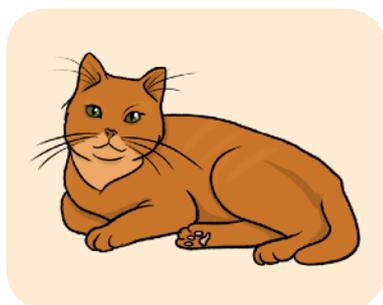
About this booklet



This booklet is from Easy Read Online.



It is about understanding death and coping with the death of a person you know.



You can also use this information to cope with the death of a pet that you love.



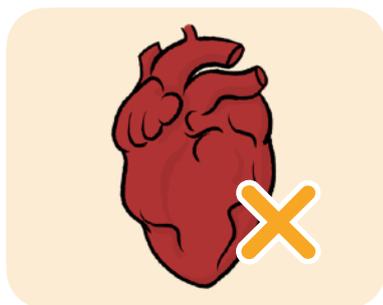
It can be hard to understand. It can be even harder to cope with the death of someone you know.



This booklet will help you to understand death and give you ways to cope with the death of someone you know.

What is death?

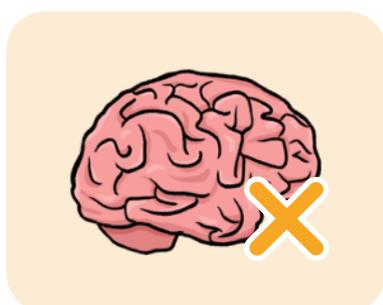
Death is when a person's body stops working. This means:



- Their heart stops beating.



- They stop breathing.



- Their brain stops working.



When someone dies, they are not alive anymore.

This means we cannot see or speak to them again.

Why does death happen?

Death can happen for many reasons, such as:



- Old age - as we get older our bodies stop working.



- Illness - some illnesses can make our bodies stop working.



- Injuries and accidents - sometimes injuries and accidents can make our bodies stop working.

What happens to a person after death?



Different groups of people and religions have different ideas about what happens to a person after death.



Some religions believe people who die go to a good place called 'heaven'.



Other religions believe people who die come back to life as a different person or animal.

It is okay to:



- Have your own ideas about what happens after death.



- Not know what happens after death.



You should try to respect other people's ideas about what happens after death.

How you might feel when someone you know dies

When someone you know dies, you might feel:



- Very sad and want to cry a lot.



- Shocked and confused - you might not understand why they died.



- Angry - you may be angry that they are gone.



- Scared - you may become worried about your own death and what happens after death.



It is normal and okay to feel any of these feelings.



We call feeling this way after someone has died, **grief**.



Grief is different for everyone.



You may feel all of these feelings at once, and some may last longer than others.

Your body

When someone you know dies, you might also feel some changes in your body, like:



- Not sleeping well or sleeping too much.



- Not wanting to eat a lot.



- Headaches.



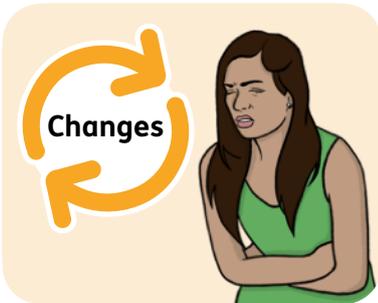
- Not having much energy to do anything you would normally do.



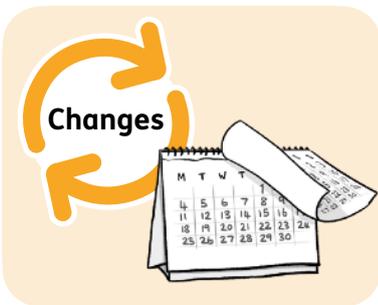
It is normal and okay to feel any of these changes.

When to get help

You should get help from a healthcare service if:



- Any feelings or changes to your body start to seriously affect your health.



- Any feelings or changes to your body carry on for a very long time.



- You need support to cope with your feelings or changes to your body.

Coping with the death of someone you know

Coping with the death of someone you know means:



- Understanding your feelings.



- Managing your feelings in a healthy way.



- Being able to live your life without them.

You can do these things to help you cope:



- Talk about how you are feeling with someone you trust.



- Think about going to a **counsellor**.

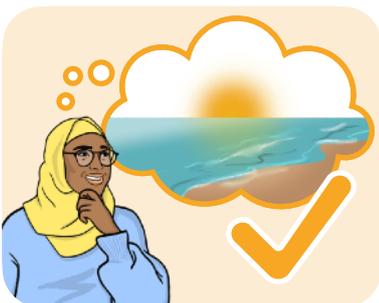
A **counsellor** will talk with you about your feelings and help you to find a way to deal with problems.



- Go to support groups.



- Try to do the tasks or activities that you would normally do - you can take extra breaks if you need to.



- Plan nice things to do so that you have something to look forward to.



You can also do things like:

- Try to eat healthy foods.

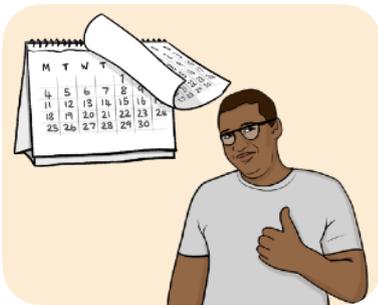


- Try to get enough sleep every day.



- Try to go out of your house for fresh air.

Feeling better



Over time you will probably begin to feel better.



You might still miss and feel sad about the person who has died.

But you will be able to cope with these feelings better.



It will be easier for you to remember the happy memories you have of the person.

Help and support



There are lots of services that can help you to cope with the death of someone you know:

Mencap



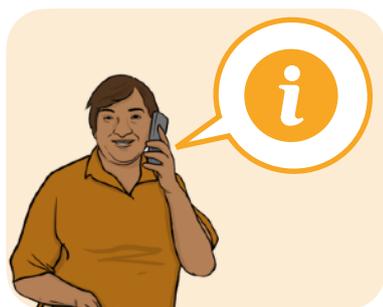
You can contact Mencap for free help and advice:

www.mencap.org.uk/contact/contact_mencap_direct

Marie Curie



Marie Curie offers support for people who are coping with the death of someone they know.



You can ask for more information by calling:

0800 090 2309



Cruse

Cruse has a helpline that you can call for free help and advice:
0808 808 1677



Mind

Mind has advice and a list of support organisations on its website:
www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care



Grief Encounter

Grief Encounter offers support for children and young people who are coping with the death of someone they love:
www.griefencounter.org.uk/get-support/support-services/helpline

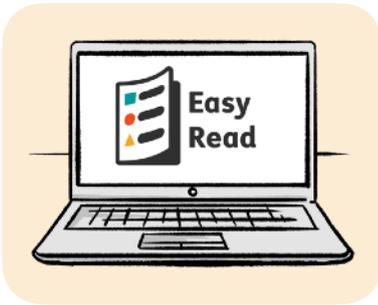
NHS



You can use the NHS website to find lots more services in your local area that can support you:

www.nhs.uk/nhs-services/mental-health-services

More Easy Read information



Here are some other websites which have Easy Read information about death:

- www.tewv.nhs.uk/about-your-care/practical-guide/feelings-after-a-death-easy-read
- www.mariecurie.org.uk/help/support/publications/all/easy-read-feelings-when-someone-dies
- www.easyhealth.org.uk/resources/category/88-death
- www.mindedforfamilies.org.uk/content/death_and_loss_including_pets/course/assets.pdf

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