

Have you ever lost someone special?

Inspiration board

Have you ever lost someone special?

Love Togetherness Support
 Presents Activities
 Play Emotions Memories



Not alone Comfort Happiness
 Understanding

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Educational Psychology
Service Office

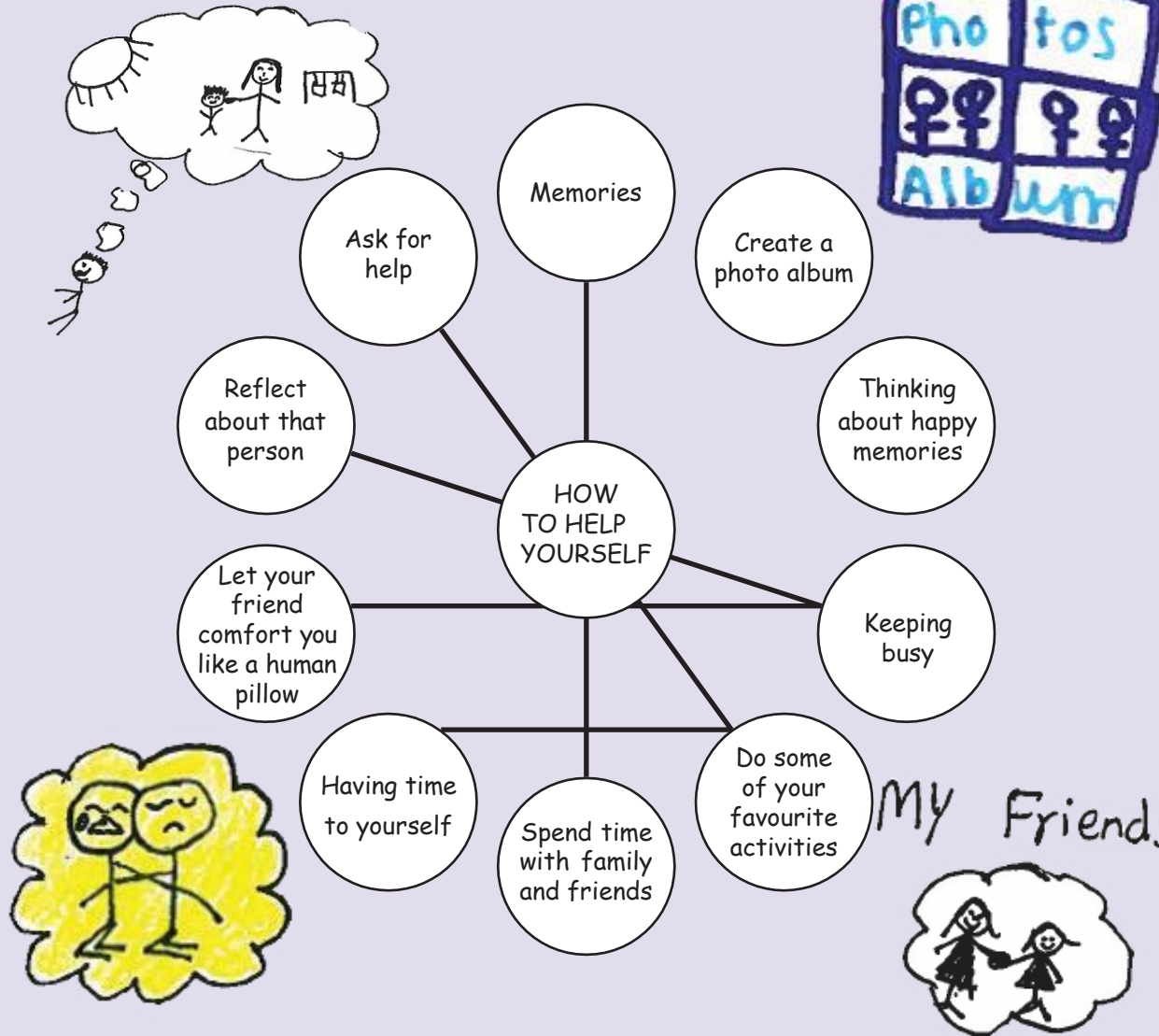
What kind of feelings you might have?

Everyone has lots of different feelings. Feelings change and that is ok. You might feel like this....



- Angry
- Stressed
- Lonely
- Confused
- Guilt
- Sad
- Frustrated
- Scared
- Tearful
- Anxious
- Empty

How to help yourself



What kind of questions might you have?

Why me?
 What's going on?
 When did it happen?
 Is it my fault?
 Could I have saved it?
 I feel guilty, should I?

Other questions you might have...

Why did you leave me?
 Why did you have to go?
 Are they in peace?
 Is the pain gone?
 What is it like to die?
 Where can I get help?

