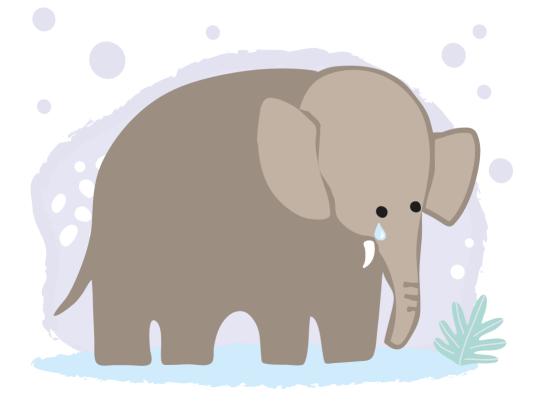


It's OK to cry and feel sad.



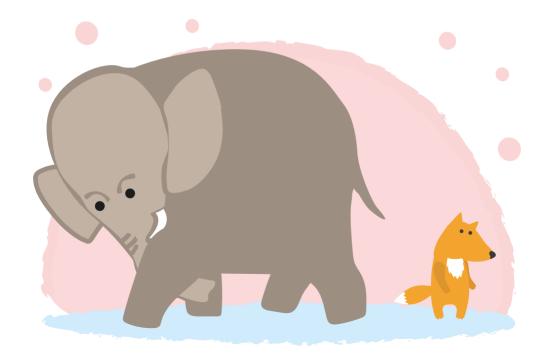
It's not your fault.



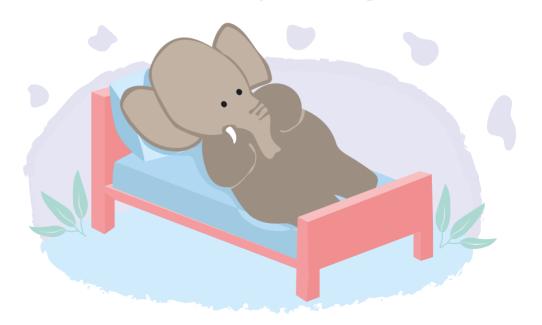
If you are feeling sad, tell someone you trust how you feel.



It's OK to feel angry. But hurting yourself or other people isn't OK.



You may get tummy aches or headaches - lots of people do when they're upset.



There are lots of people who can help if you are worried.

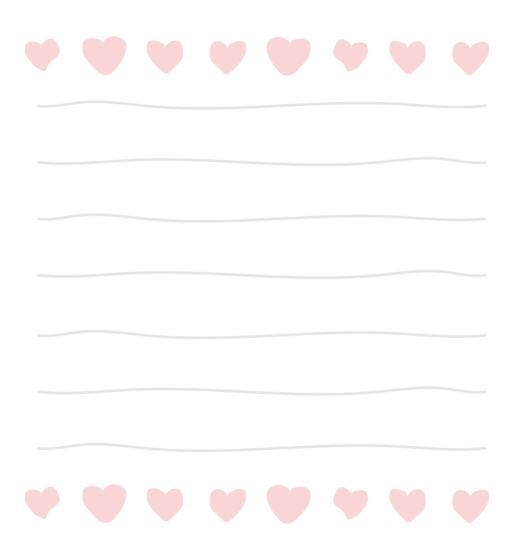


You can write their names HERE



Or write a special message to yourself or to the person who has died.







Cruse Bereavement Support
www.cruse.org.uk
Children's helpline
0808 808 1677
Registered charity no. 208078

