

Some Books That May Help

I Never Told Her I Loved Her
Sandra Chick, Livewire Books 1997
ISBN 0704349477

One Green Leaf
Jean Ure, Bodley Head 1987
ISBN 03703077844

How It Feels When A Parent Dies
Jill Krementz, Orion 1991
ISBN 0575051833

The Dying and Bereaved Teenager
John D Morgan (ed), The Charles Press
1990
ISBN 0914783440

*Facing Grief: Bereavement and the Young
Adult 18–28*
Susan Wallbank, Lutterworth Press 1996
ISBN 0718828070

*Talking with Children and Young People
About Death and Dying*
Mary Turner, Jessica Kingsley 1998
ISBN 1853025631

Straight Talk About Death for Teenagers
Earl A Grollman, Econo-Clad Books 1998
ISBN 0785719873

Where to Find Help

The local Social Work Department

The local Psychological Service

Your doctor

Your chaplain or religious leader

Organisations

Cruse
Bereavement Care
0141 248 2199

Samaritans
0345 909090

Childline
0800 1111

When Something Terrible Happens

A Guide for Teenagers

When Something Terrible Happens

We may from time to time have bad experiences such as a sudden death in the family, witnessing an accident or being involved in one.

Examples

- A parent dies suddenly
- Parents divorce/separate
- You are involved in a car crash
- Someone in your school is killed

All of which may make us feel very sad, unsettled and worried.

Your Feelings

- To feel sad is OK
- To shed tears is OK

You may:

- be in a state of shock, as if you don't feel anything
- feel helpless
- have sleep or eating problems
- have difficulty talking about your feelings
- have difficulty talking about the accident

Friends and Family

You may:

- feel that you do not care about your friends or family; or
- that they do not care about you

At School

You may:

- lose interest in school or struggle in class
- be frightened or worried about going to school
- want to withdraw from everything

What Can You Do?

When you are feeling ready to talk, talk to someone you choose:

- a parent
- a friend
- a teacher
- a relative
- school psychologist
- social worker
- school nurse or your doctor

Going Over the Event

If you find yourself thinking more and more about the event, there is a need to:

- talk about the event
- share these thoughts and worries with someone

You may find you dream about the event.

Sharing with others who have had a similar experience can help.

You may want to be alone or to be with your family and close friends.

Don't worry. These are all ways in which you can begin to feel better.

Some Do's and Don'ts

Do share your experience and feelings with someone else.

Do ask for support and help whenever you need, especially from your friends, family and teachers.

Do allow time to sleep, eat, rest, think, and be with your close family and friends.

Do make sure that your teacher knows what is happening.

Don't bottle up your feelings.

Don't expect your feelings and memories to go away quickly. It may take some time to sort these out and begin to feel that you are coping well with them.

Time – How Long?

It can take months but you will be able to cope again.

Try to talk about what happened but don't feel that you have to unless you are ready.