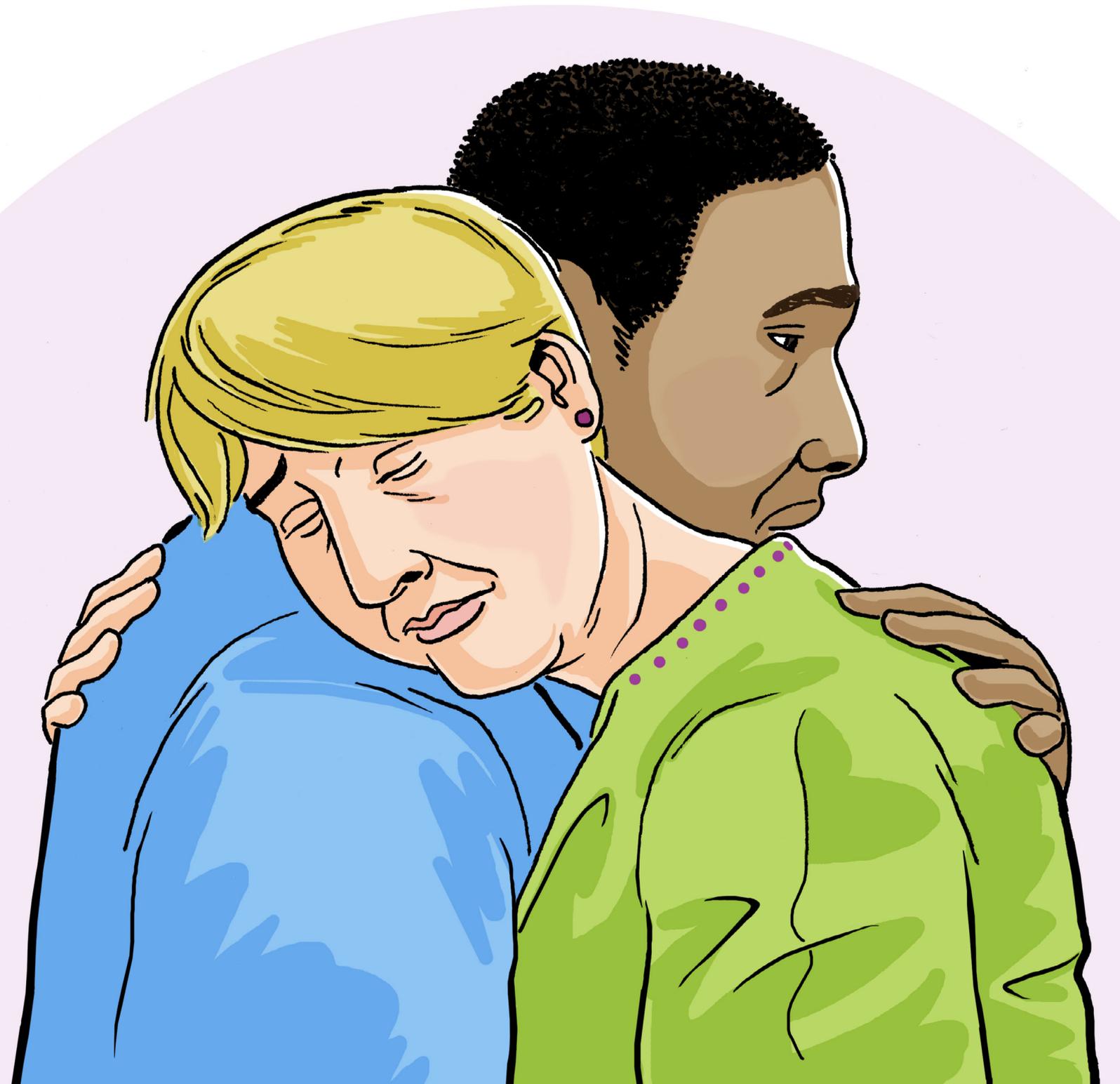


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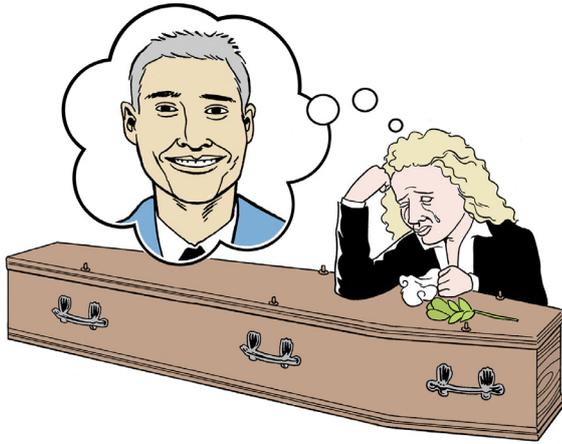
easy
read

Your feelings when someone dies and what can help





About this easy read booklet



This booklet is about grief and loss when someone dies.



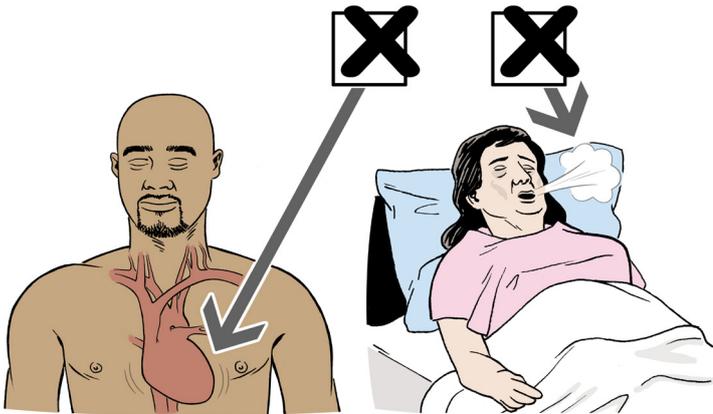
You can learn about how you may feel when someone dies and what can help you feel better.



If you need any support you should talk to a doctor or nurse.



When someone dies

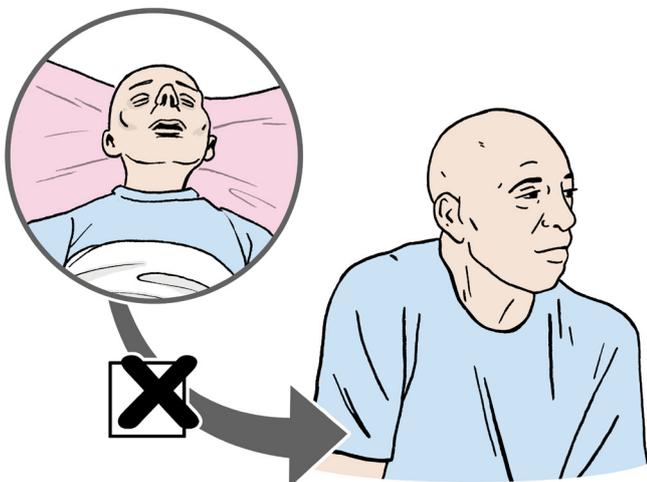


Dying is when someone's body stops working.

Their heart stops and their breathing stops.



When someone has died they won't move or talk or do anything anymore.



Their body will not come back to life.

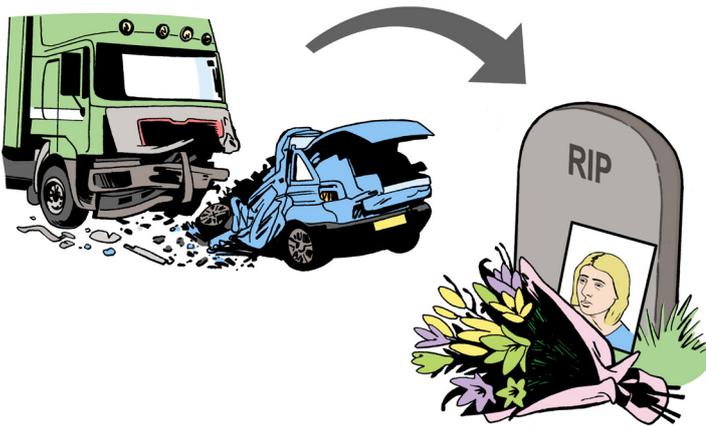


Reasons why people die

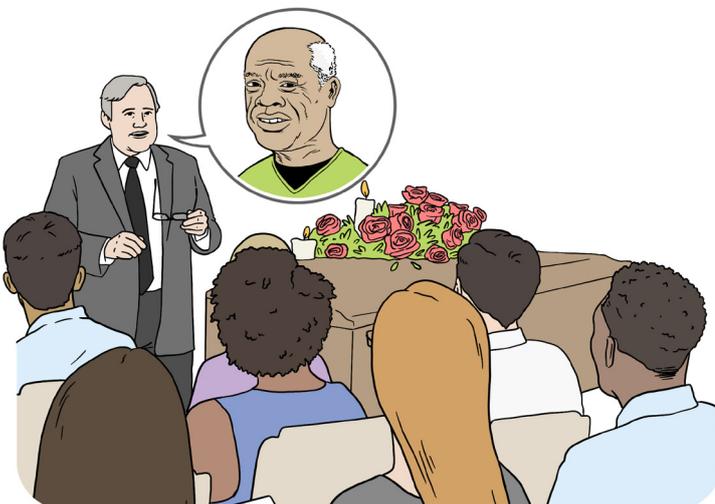
People die for different reasons.



Sometimes people die because they had an illness that the doctors could not make better.



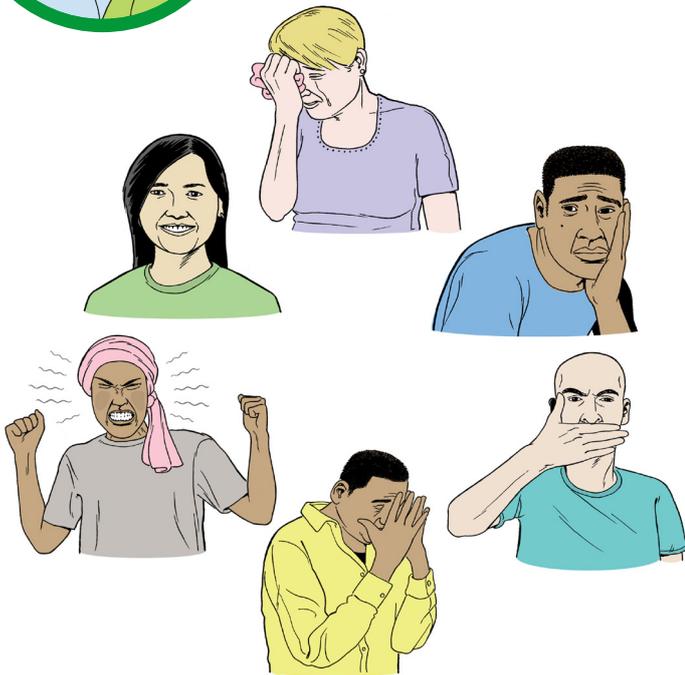
Some people die because they have an accident.



Sometimes people die because they are old.



How you might feel when someone dies



When someone dies, you may have lots of different feelings. This is called **grief**. It is OK to have lots of different feelings.



You may have questions and feel confused about what is happening.



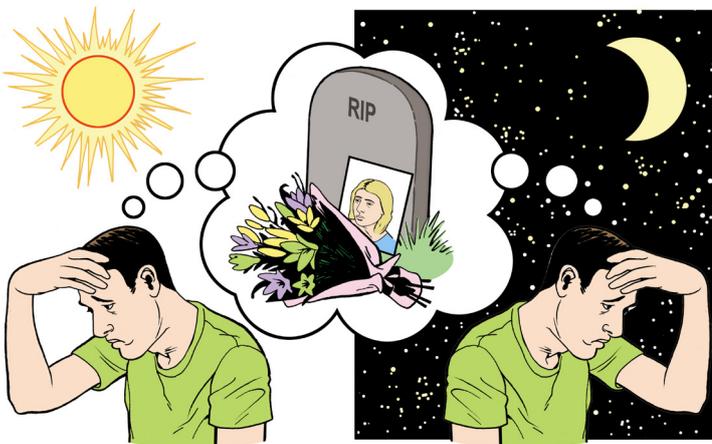
You may feel shocked. At first you may think that it is not true. It can take time to accept what has happened.



You might find it hard to be around other people and want to be on your own.



Or you may want to be around people all the time.



You may spend lots of time thinking about the person who died.



Thinking about the person who has died can make you feel very sad. But at the same time you may be remembering happy times you had with that person.



It is OK to cry if that is how you feel. But it is also OK if you want to feel happy about other things too.



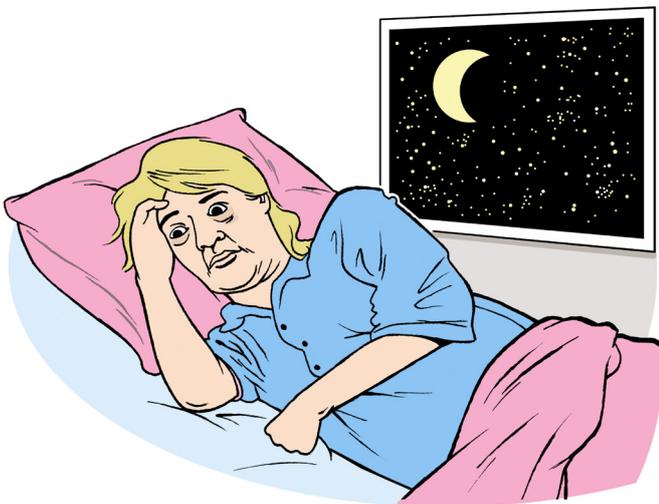
You may feel angry with the person for dying and leaving you. That is OK too.



You may feel afraid or worried about what will happen to you if the person looked after you.



Grief can change what people feel like doing. You might not want to do the things you usually enjoy.



Grief can also affect how people sleep. You might find it hard to sleep. Or you might want to sleep more.



Grief can affect how your body feels. You may want to eat more or less than normal. Or you might not feel very well.



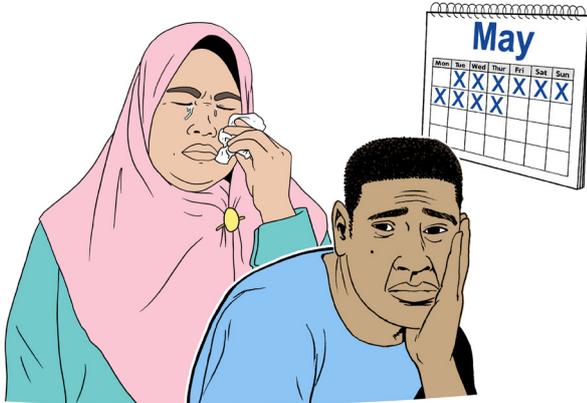
Sometimes people start drinking alcohol or taking drugs because of how they feel. Grief and loss can make people do things they would not usually do.



Sometimes people may feel so bad that they wish their lives were over too.

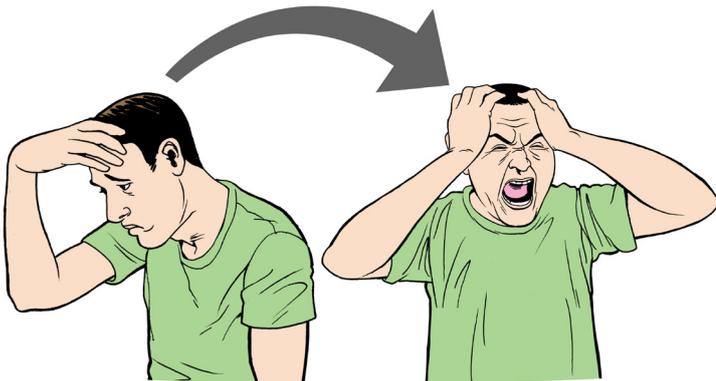


Where to get help



Always tell your doctor if:

- You have been feeling sad or upset most of the time for more than a week.



- Your feelings are getting worse.



- You are drinking more alcohol than usual, or you are taking drugs.



Your doctor might decide you need more help. This might be:

- **A support group.** This is a group of people who meet to give each other support.



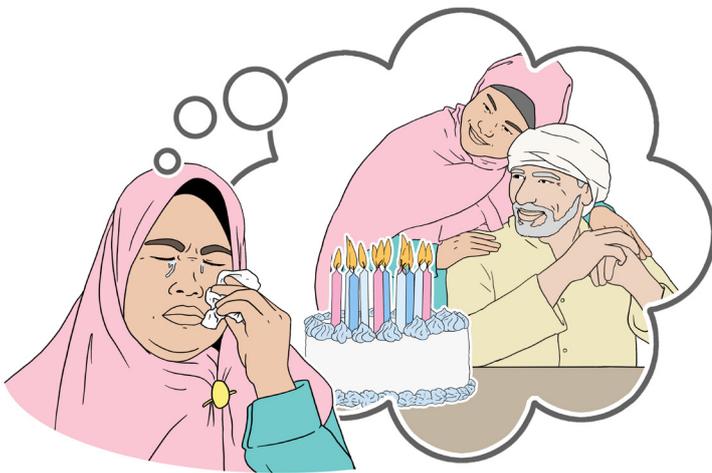
- **A counsellor.** This is a professional who listens and gives support to people who need to talk about their feelings.



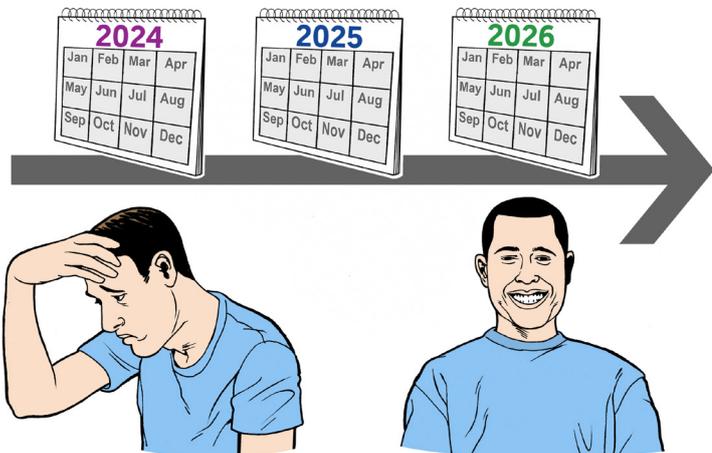
- **Medicine.** Sometimes your doctor can give medicine to help with the way you are feeling.



Grief can affect how you feel for months or years after a person has died. There will be days when you feel very sad and then days when you feel a bit better.



Special days like birthdays and anniversaries can be hard. You may have happy memories but also feel more sad.



You usually begin to feel a bit better and less sad as time passes.



Things that can help you



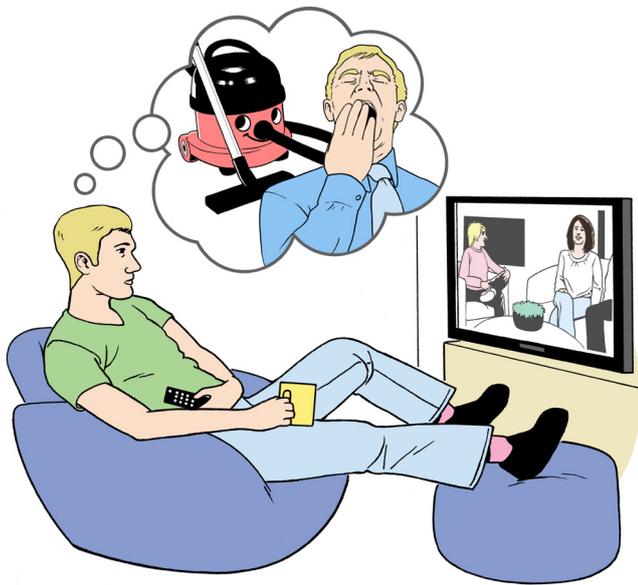
Tell other people when you are feeling sad or upset. Talk to someone you know well about how you feel.



The person who is supporting you can listen and try to answer your questions.



If it has not already been offered to you, ask your doctor if you can see a counsellor for support.



Try to keep your routines. It can help to try to carry on doing the things that you usually do. But you might have to do a bit less or take more breaks.



Plan nice things to do. It can help to plan events and things to look forward to. This can help you feel happier about your life.



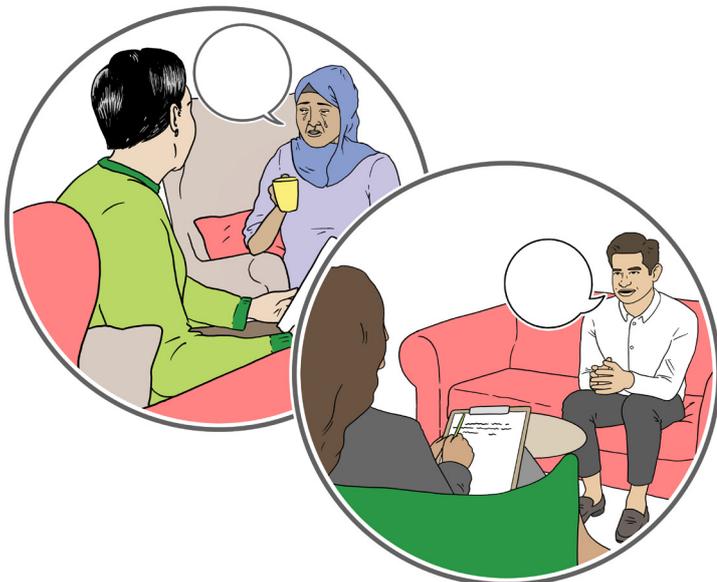
Try to make sure that you eat well and sleep regularly.



Try to get some exercise. Have a walk in the fresh air every day if you can.



You might still miss the person who has died, but speaking to other people who knew them can help. You can share your memories.



Remember there are always people who can help you.



How Macmillan can help you



You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.

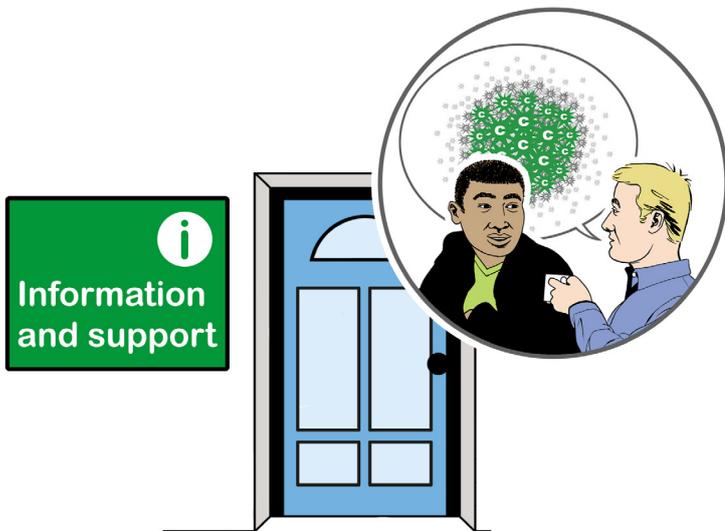


The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer.

You can also use our web chat to ask questions at

[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



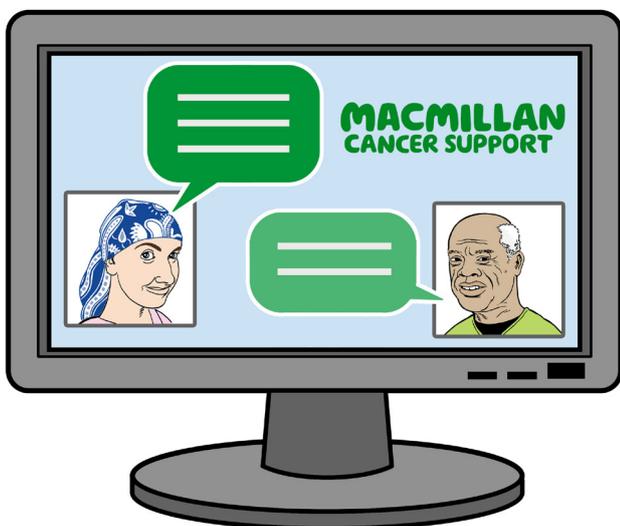
Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



Videos

You can watch videos about cancer at

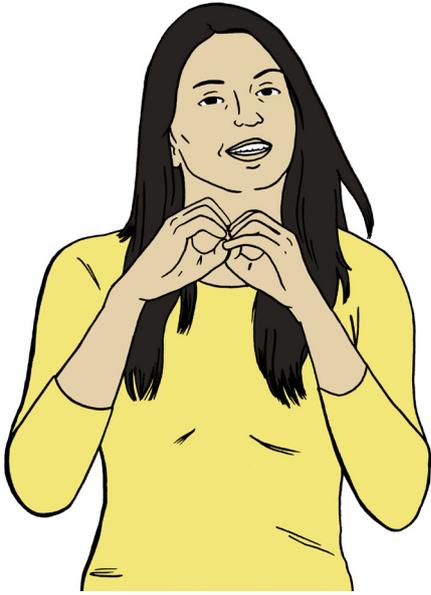
macmillan.org.uk/videos



Audio

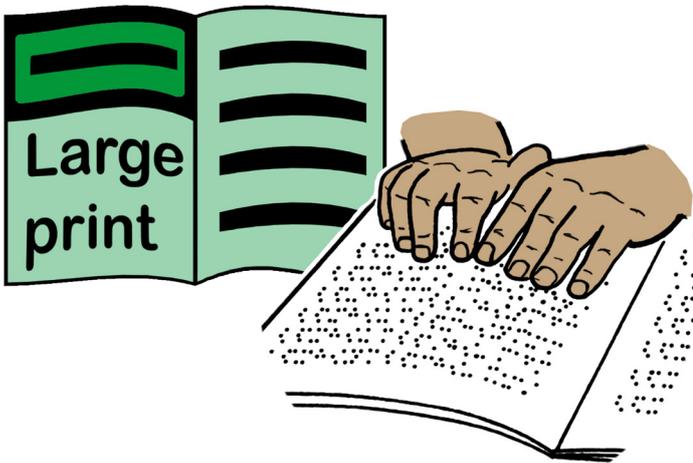
You can listen to information about cancer and order CDs from

macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

Email: cancerinformationteam@macmillan.org.uk



Translations

Tell us if you need information in another language.

Email: cancerinformationteam@macmillan.org.uk



More easy read booklets



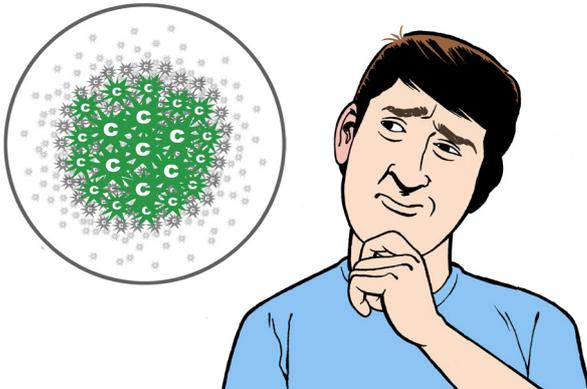
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?



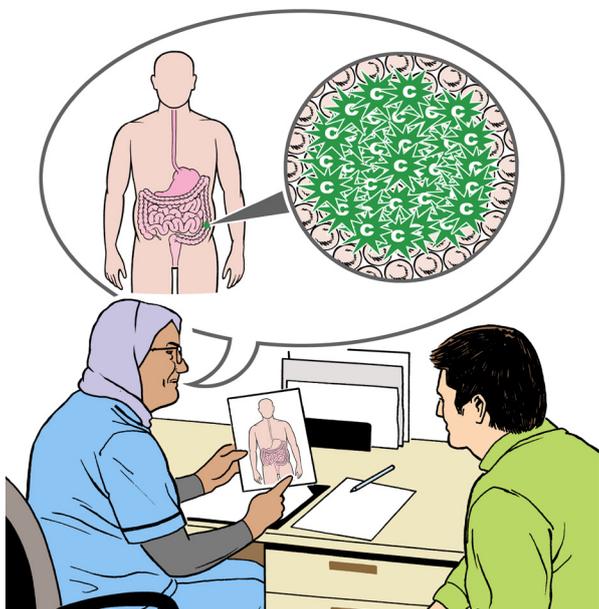
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor

Treatment for cancer

- Chemotherapy
- Deciding about your treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer





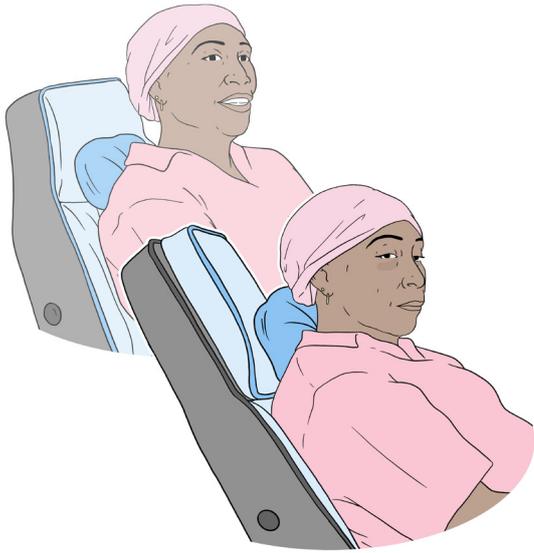
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying

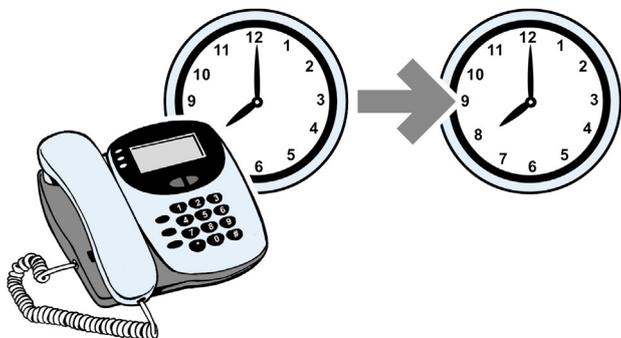


After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

This booklet is about your feelings when someone dies and what can help. It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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