

## Appendix 11: Grief after a Tragic Death

Remember there is no right or wrong way to react when someone you know dies. People will have many different reactions to what has happened.

- Know that you can survive, even if you feel you can't
- You may feel overwhelmed and frightened by your feelings. This is normal. You're not going crazy, you are grieving
- You may not feel a strong reaction to what has happened. This is normal
- You may experience feelings of guilt, confusion, forgetfulness and anger. Again these feelings are all normal
- If you are feeling low or having a difficult time, ask for help
- Allow yourself to cry, this will help you to heal
- Every person grieves differently and at a different pace
- Delay making any big decisions if possible
- This is one of the hardest things you will ever do. Be patient and compassionate with yourself
- You may feel angry at the person who has died, at yourself, at God, at everyone and everything. It is ok to express it
- You may never have an answer as to "why" but it is ok to keep asking "why" until you no longer need to ask or you are satisfied with partial answers
- Healing takes time. Allow yourself the time you need to grieve
- Spend time with people who are willing to listen when you need to talk and who also understand your need to be silent
- Avoid people who try to tell you what to feel and how to feel it and, in particular, those who think you should "be over it by now"
- Useful websites: [www.spunout.ie](http://www.spunout.ie); [www.youth.ie](http://www.youth.ie); [www.reachout.com.au](http://www.reachout.com.au)
- Allow yourself to laugh with others and at yourself. This is healing
- Ask in school about seeking professional help if you feel overwhelmed