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This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg



When someone dies



This guide will help you understand what happens when someone we love and care for dies. You may find this upsetting and this is natural, so you might want to look at this leaflet with someone you trust who can support you.

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When someone dies

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Why do people die?

There is always a reason why someone dies



Some people die quickly because of an accident



Some people die slowly maybe because of an illness or disease



Some people die because of old age



Nothing you say can make a person die

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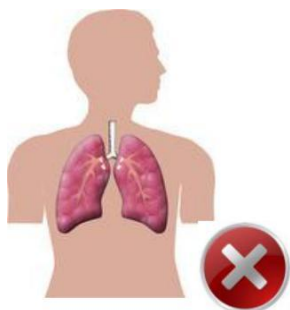
What happens to the person who died?



A dead person does not think or feel anything



A dead person does not feel sad or feel pain



A dead person does not breathe



A dead person does not move

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What happens when someone dies?



A dead person does not eat or drink



A dead person does not talk



A dead person cannot hear or see anything



A dead person cannot come back



Different people believe different things about what happens after we die. That is ok

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What happens after the person has died?

When a person has died there will usually be a funeral



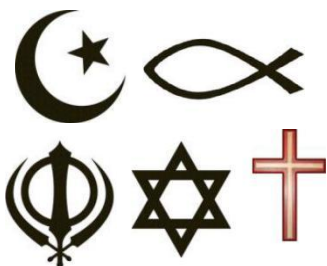
A funeral is a way of bringing together friends and family to say goodbye to the dead person



Sometimes friends and family can choose to see the dead person before the funeral



The dead person might look a bit different and their skin might feel cold



All funerals are different.

The type of funeral depends on the religion and culture of the dead person

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What happens after the person has died?

All funerals are different but most funerals will have the common parts described below

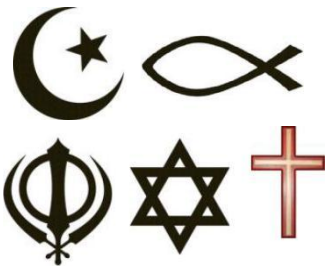


Funerals have a service.

The service might be in a church,

synagogue, crematorium

or a different building



This depends on the religion of the dead person



After the service the person who has died will be buried or cremated

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What happens after the person has died?



After the funeral or cremation, the family and friends of the person who has died might meet up



When the family and friends meet up, they usually eat and drink and talk about the person who has died



Some people call this the wake



The funeral director helps to organise anything to do with the funeral

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What might happen to you after the person has died?



You may feel sad



You may feel like crying

It's ok to cry



You might feel angry with the doctors and nurses for not being able to save the person



It's normal to feel all these things

You won't always feel this way



It may take a while to remember that the dead person is not coming back

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What can you do to help yourself?



It's important to talk about the dead person when you want to

Talking about the dead person helps you remember them



Some people don't like to talk about death. It makes them sad

This is OK



You can keep photographs of the person who died



And you can visit their grave or go somewhere special to remember the person who died

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Where to find more information



If you have questions about when

someone dies you could ask someone who you trust for help. This could be your carer, nurse, psychologist or friend

Samaritans

You can talk to them anytime about how you feel



Freephone 116 123

Website www.samaritans.org



NHS 111 Wales Press 2

For urgent mental health support

Phone 111 and press option 2

Mind Cymru

Information and support if you have a mental health need



Phone 0300 123 3393

Or text 86463

Website www.mind.org.uk

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Where to find more information



Community Advice & Listening Line
Mental Health Helpline for Wales

C.A.L.L.

People who will listen to you and give you information on Mental Health

Freephone 0800 132 737

Or text 'help' to 81066

Website www.callhelpline.org.uk



GP Surgery

Your GP

If you have questions about how you feel when someone dies or want to know more you can speak to your GP

This leaflet was amended by Aneurin Bevan and the Learning Disability Psychology service

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