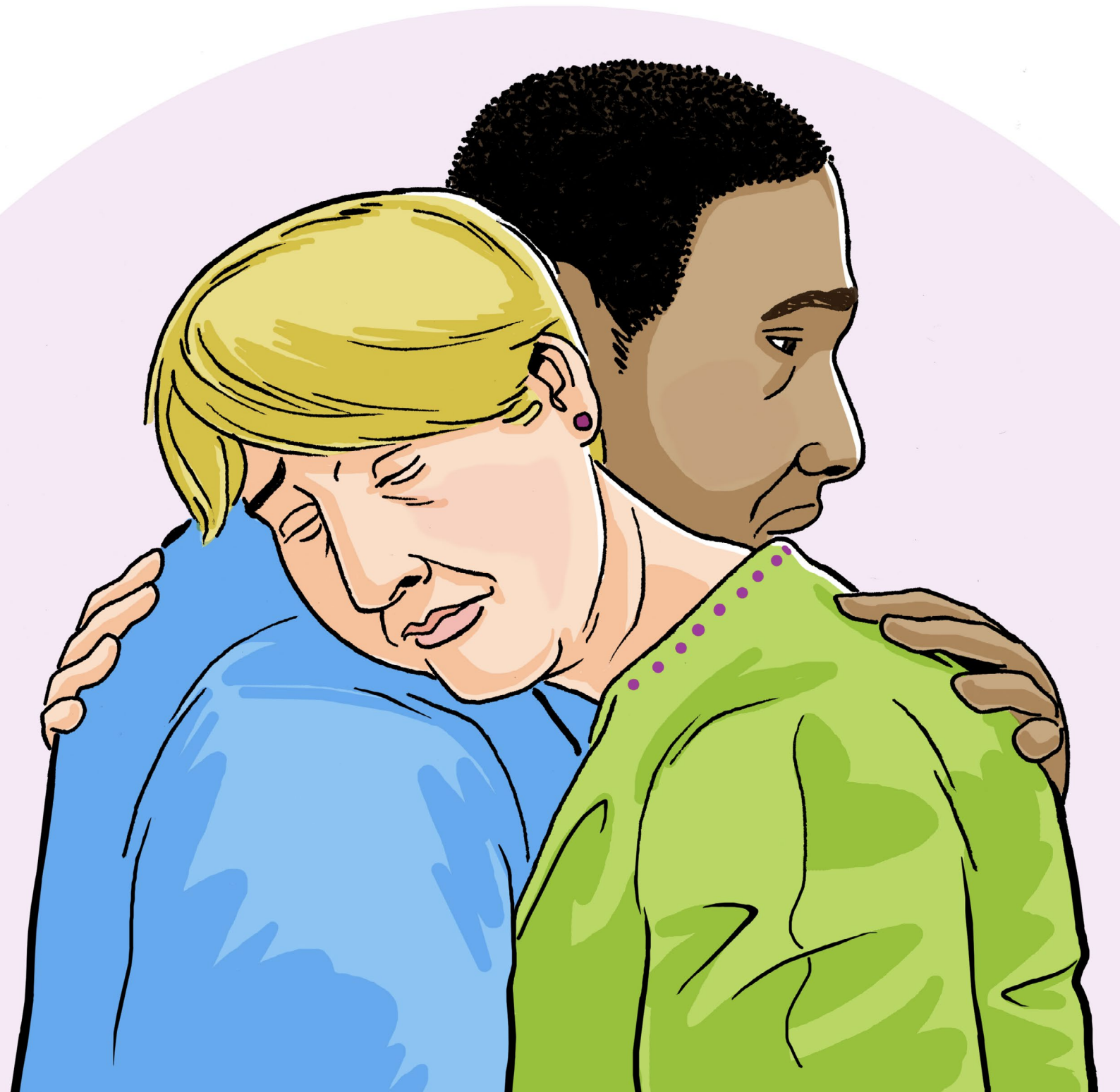


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

How you may feel when someone dies





About this easy read booklet



This booklet is about how you may feel when someone dies.



You can learn about the different things you may feel when someone dies.



If you are worried about your health, you should talk to a doctor or nurse.



How you may feel when someone dies



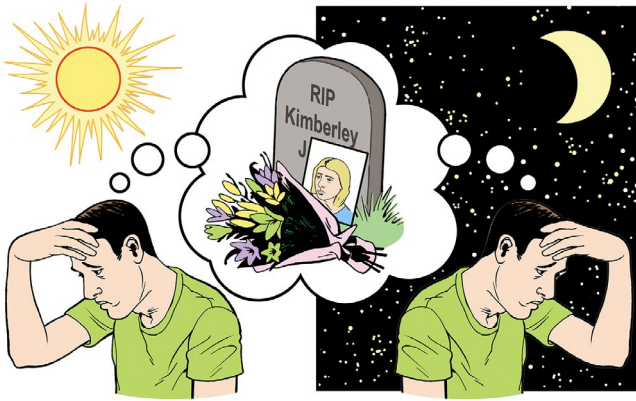
When someone dies, you may have lots of questions and feel confused about what is happening.



You may think that it is not true when someone dies. You may feel shocked and it can take time to accept what has happened.



You may find it hard to think about anything else except what has happened.



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.



When someone has died you may imagine seeing them or talking with them. It is OK if this happens.



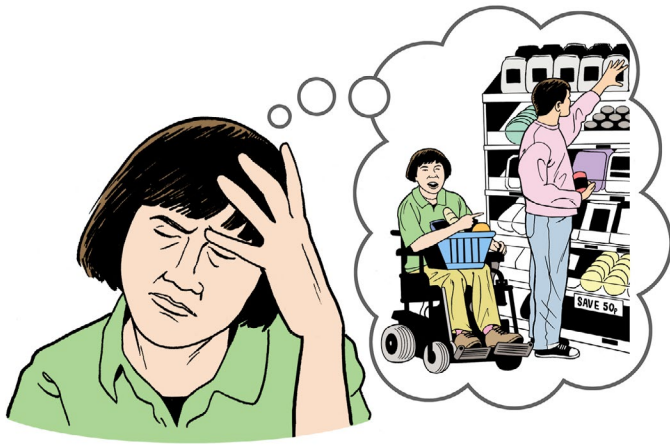
You might feel very upset. It is OK to cry if that is how you feel. But you should not feel guilty if you want to feel happy about other things.



You may feel angry with the person for dying and leaving you.



When someone dies you may blame yourself and feel like it is your fault they died.



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



When someone dies you may feel lonely.



You may find it hard to make decisions about things. This is OK. Get support if you need to make decisions, or wait until you feel you can.



The feelings you have after someone dies are called **grief**.



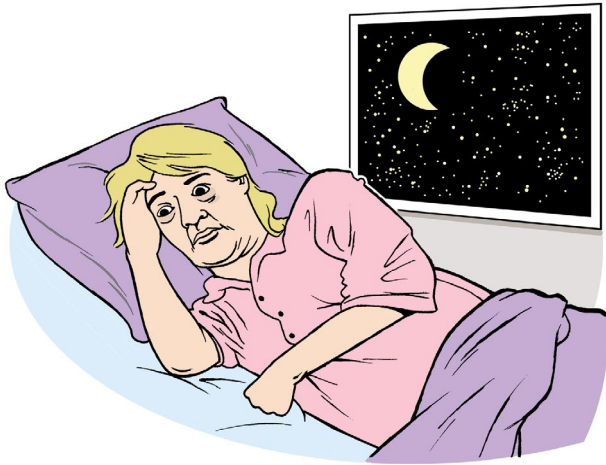
Grief can change what people feel like doing. You might not want to do the things you usually enjoy.



You might find it hard to be around other people and you might want to be left alone.



Or you might want people to be with you all the time.



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



Grief can affect your **appetite**. This means you may want to eat more or less than normal.



Grief can change how your body feels. 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 and take risks.



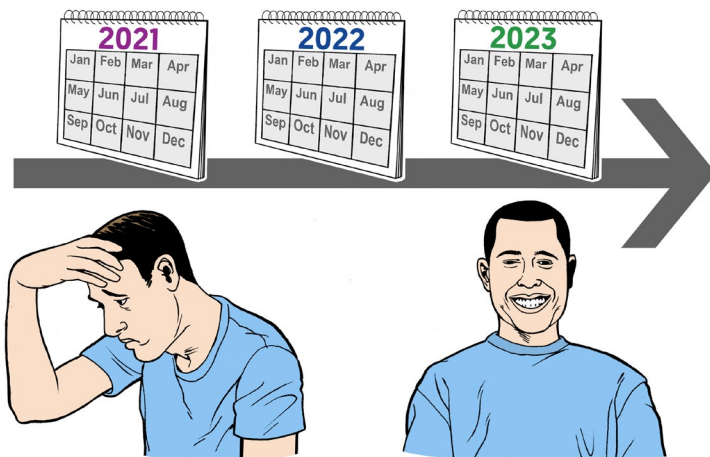
Sometimes people may feel so bad that they wish that their lives were over too.



Always tell someone you trust if you are feeling sad or upset. It can help to talk about your feelings.



You can also phone Macmillan and talk to us about how you feel. These calls are private. You can call us on **0808 808 00 00** 8am to 8pm, 7 days a week.



The feelings you have after someone dies usually get better over time.



But you might need more support than usual while you are having these feelings.

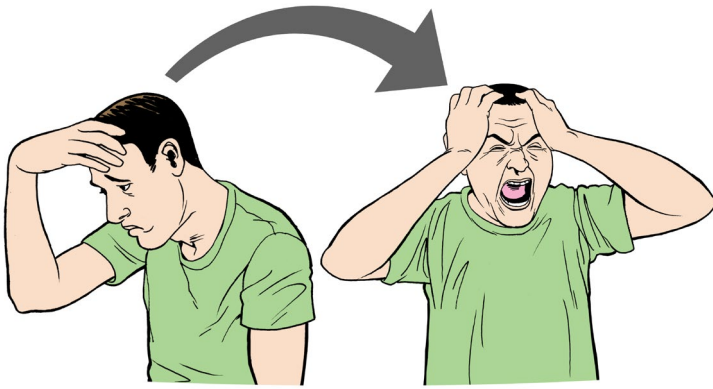


Always tell your doctor if:

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



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



- Your feelings are getting worse.

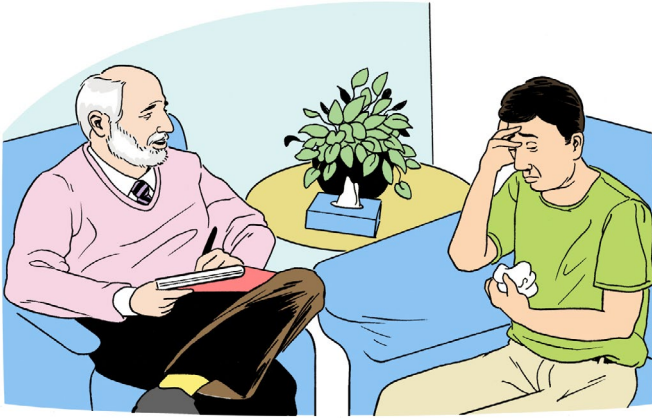


Your doctor might decide you need more help.

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 GP can give medicine to help with the way you are feeling.

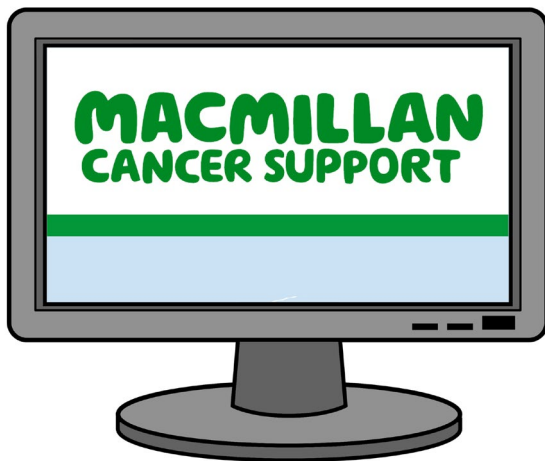


How Macmillan can help you

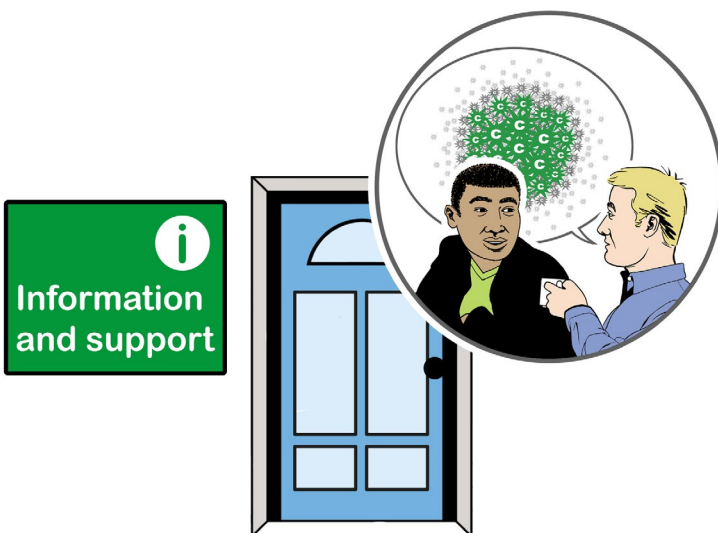


You can get support from:

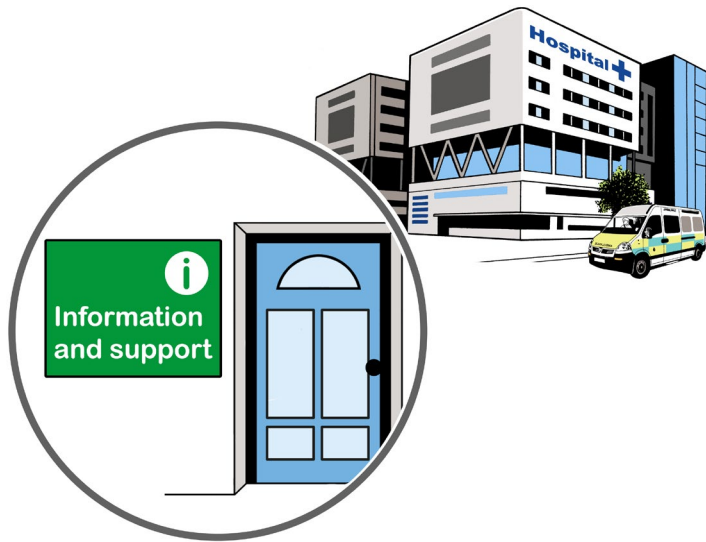
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



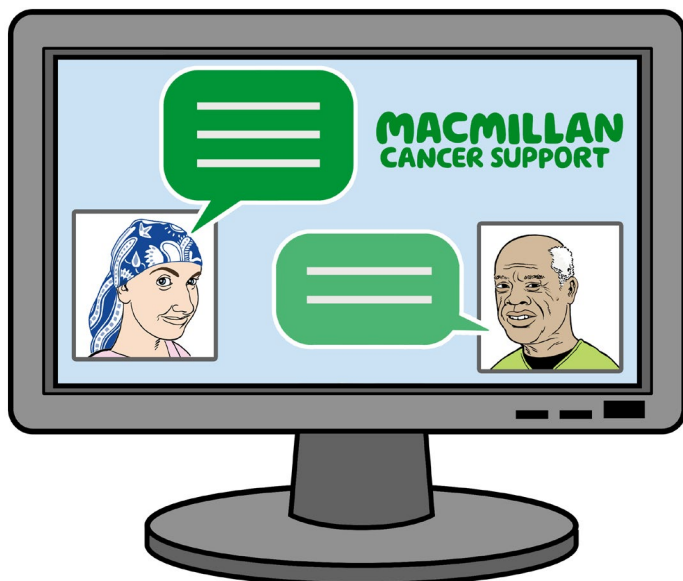
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



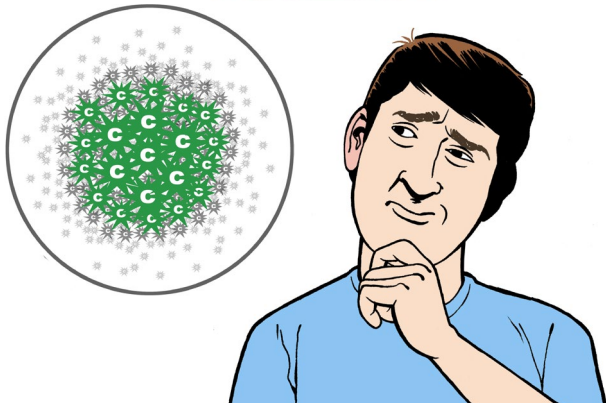
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



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



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 for women
- Cervical screening
- How to check your balls (testicles)
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



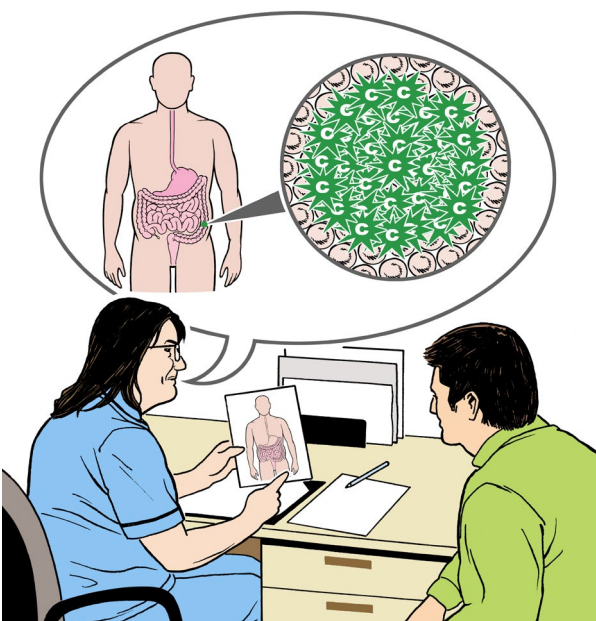
Living a healthy life

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



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
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- 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
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



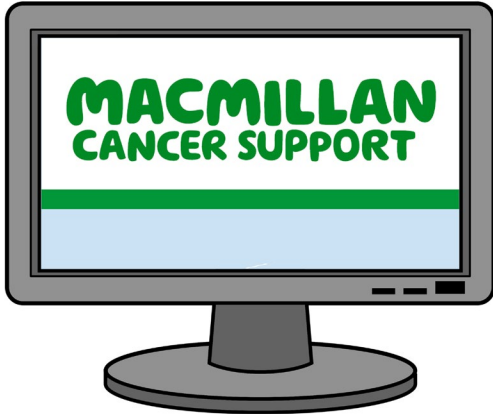
After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

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

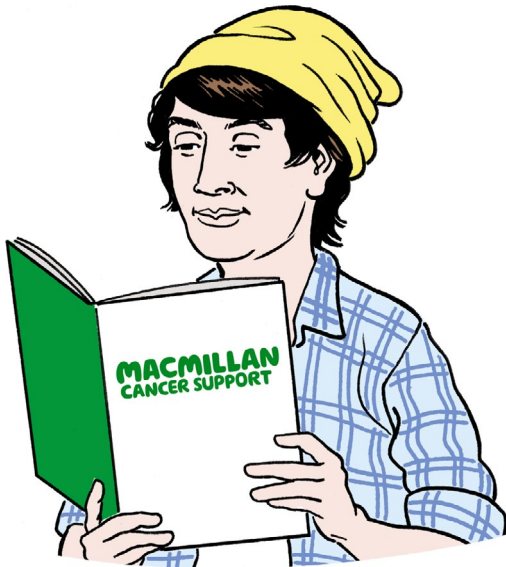


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



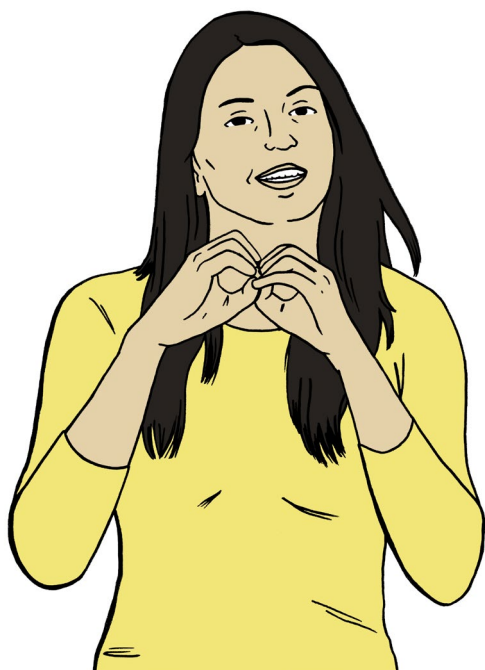
Videos

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](https://www.macmillan.org.uk/audio)



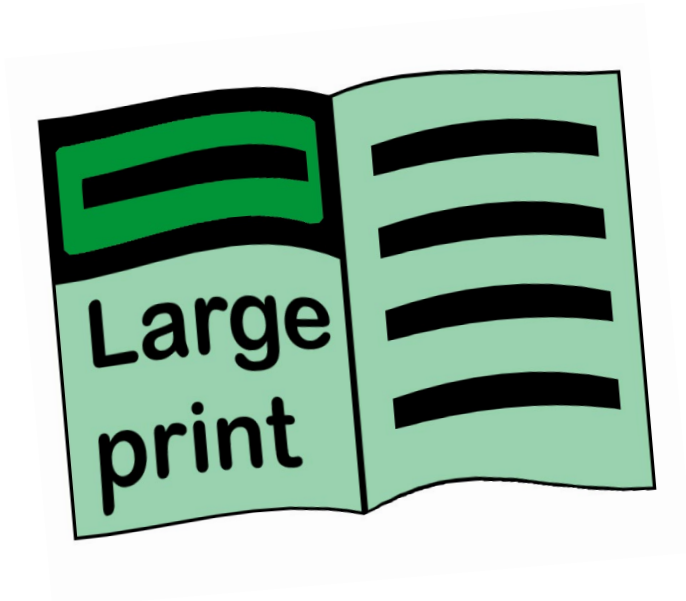
British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

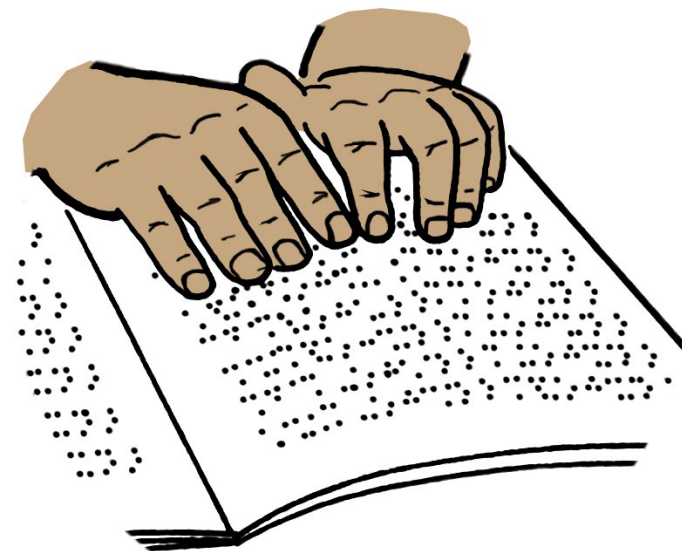
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



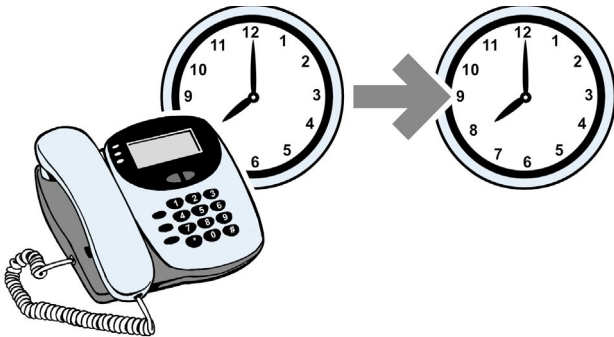
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

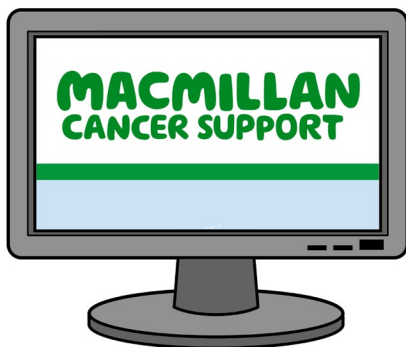
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



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



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
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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