

## Hassan

A friend of yours, Hassan, is worried about sharing his feelings with his mum in case it upsets her. He's scared it might remind his mum again of his father's recent death or make her cry. He doesn't want her to worry about him as well, so he just keeps it all in.

- What are the issues here?
- What could Hassan do?
- Where could he get help and support?

**1 Look at your Grief Wheel.** Are there any words on this that Hassan might be, or have been, experiencing?

**2 Use the writing frame** below if you want, to help you offer some advice to Hassan.

Dear Hassan

I am really sorry to hear that \_\_\_\_\_ has died.

When someone dies it's really normal to feel lots of different feelings such as

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It is good to talk, and I think your mum would want you to...

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There are some other places and people you can get help from, for example:

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Bereavement can really affect a person's mental health, so it is good to try some more healthy self-care ways to manage these big feelings, such as

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I hope this has been helpful in some way, take care.