

My grief journal

For grieving teens



STANDBY[®]
SUPPORT AFTER SUICIDE

Someone to talk to

If you're holding this book, chances are you know somebody that died by suicide. It might have been a friend, a parent, a brother, sister, cousin or somebody you've not met but you knew about. If this is right, you're not alone. Nobody knows exactly why someone may take their life.

There is no right way or wrong way to feel or react when somebody in your life dies by suicide. You might be feeling 'everything at once' or 'nothing at all' sometimes. We hope that this book is a starting point for you to explore some of your thoughts and questions and to express how you're feeling (or not feeling). You can do that through writing/ making music, art, apps or doing the activities in here. Some of the things in this book might sound weird or unhelpful but others might be useful to you. **Remember, this is your space and you choose what to do with it.**

Sometimes it can feel helpful to talk to someone who doesn't know much about you, your story or your family. Here is a list of numbers you can call.

You can also speak to a Doctor (GP) or your school about talking to someone.

Kids Helpline 24/7

1800 55 1800

www.kidshelpline.com.au

Eheadspace:

www.headspace.org.au/eheadspace

Standby Support After Suicide

1300 727 247

www.standbysupport.com.au

Lifeline:

13 11 14

www.lifeline.org.au

"We thank all contributors who generously provided their time and input into the workbook content. We especially thank those with lived experience for their contributions."

Remembering...



Who died?

What makes
them special?

What we did
together?

What would you
say to them now?

Remembering



You may find it easier to draw some of your memories from the previous page

Who, what, where, when...

who

told you about the death?

what

did they tell you? what did that mean to you?

where

were you when you found out?

when

did you find out?

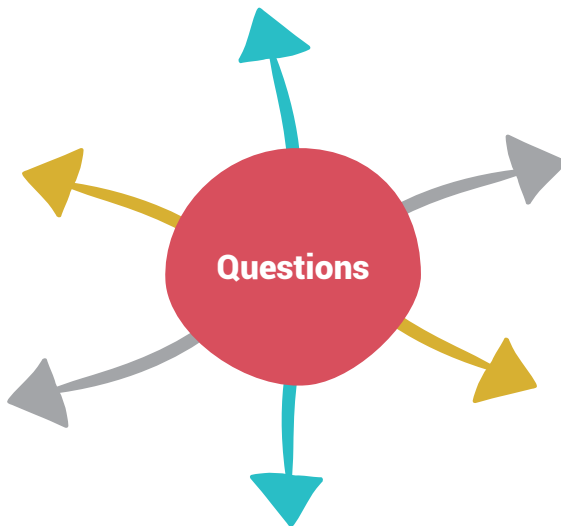
how

did you feel or react when you found out?

Why?

When we have a lot of hard questions it can help to 'get them out' by writing them all down, without thinking about answers.

**Use the space here to write down your questions.
Include the ones you've not asked out loud:**



When somebody dies by suicide **it is normal to have a lot of questions** but not (m)any answers. This can be really hard for a lot of people. 'Why' is one of the hardest questions that gets asked and sometimes there are no answers.

The only thing we know about suicide is that a lot of times people don't want to die but they just don't know how to feel better.

It is not your fault when somebody dies by suicide.

Helping hand

On each finger, write down the name of someone you can talk to about how you're feeling and what you're thinking:



**if you don't
have someone
to talk to or
you want
to talk to
somebody
else, you
can call Kids
Helpline on
1800 55 1800.
It's free!**

Activity

Try speaking to one of these people.
Did it help? How do you feel after
speaking to them?

You

A suicide death can affect different people in different ways. Having somebody in your life die by suicide can be a very traumatic experience. That means it can affect not just how you feel but also your body and your mind. It can help to write down how you're feeling and noticing how you feel in your body.

Take some time to do that and then fill out the circle below:

What helps you take care of your body, heart and mind? Write down anything you think of. What helps you take care of you?



More space



Use this blank page when you need more room to do the activities or to add your own:

Your sky

When someone in your life dies things can change like the weather. Some days you might feel like there's a dark cloud over you, with lots of thunder and rain. Other days it might feel like the sky is blue and the sun is shining. Or some days it could be raining, storming and sunny all at once.

What does your sky look like today? Draw it here:



I feel

When somebody dies by suicide it can feel like your world is torn apart. You might feel alone/numb/angry/confused or a whole mix of everything with no one to talk to about it. Whatever you're thinking or feeling (or not feeling) - it is okay and normal. These are some examples of what you might be feeling.

Tick all that apply or add your own:

- Tired
- Angry
- Sad
- Guilty
- Worried
- Confused
- Numb
-
-
-
-

Inside - Outside

Sometimes we feel very different on the inside than what we show on the outside.

Use this space to draw:

**What I show on the
outside**

**How I feel on the
inside**

Things that could help

What makes you feel better when you feel sad?

Circle all the things that help, or add your own:

sports or swimming **listening to or making music**
going to (a place)

talking to someone

planting or building something

drawing or writing

being around friends

time with animals or being outside

making something

What I enjoy

Choose activities you like from the previous page:

Use the space below to write or draw how they made you feel:

The activities I chose

1

2

3

How they made me feel

Keep choosing activities that you enjoy and work for you.



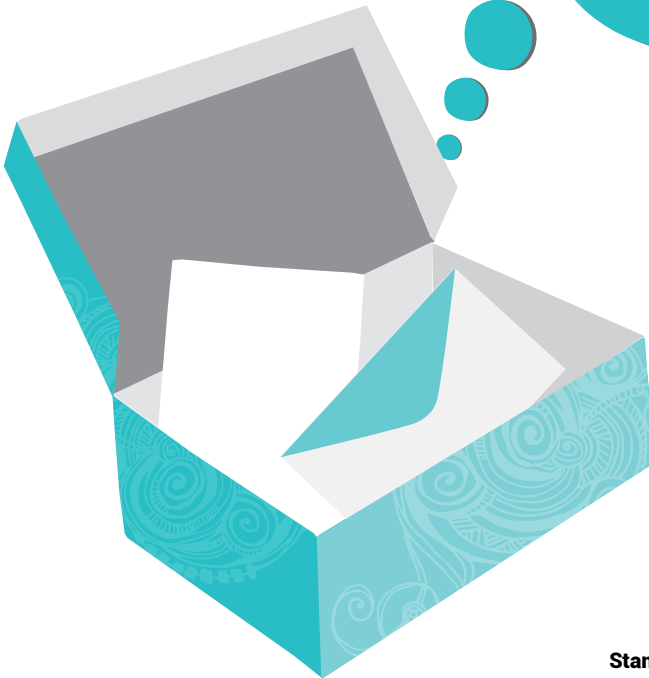
Memories

Different people have different ways of remembering the person who died.

Here are some examples you can do with someone else or on your own:

"Memory Box"

Find a box you can use and fill it with things that remind you of the person who died. You could fill it with photos, drawings, some of the person's things that you might have or anything that helps you to remember them.



Make a playlist

Or write your own lyrics



I will play this music whenever I feel

More space



Use this blank page when you need more room to do the activities or to add your own:

Ups and downs

Write, sketch or draw about...

Something you're
happy about

Your favourite memory
of the person

10 things you
want to do in life



What life
looks like now

What you would tell
someone else going
through this

What you wish you
could tell others

What do you wish
you could've said

Things people have said

Circle the ones that help, cross out the ones that don't, or add ones you wish they'd say

They're still
here with you

They're in a
better place now

At least you've still got...

I know how
you feel

How are you?

You'll be okay

You
must be
so strong

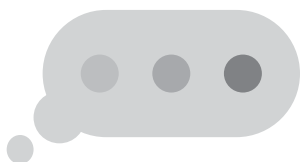
Everything happens for a reason

Telling other people

It's really hard to talk about death and sometimes people don't know what to say.

When you tell your friends or others about what happened they might say something that upsets you and that can feel pretty horrible.

But telling others can also help!



If you feel you can't say what you'd like in person, you might want to text

What could you say to your friends or others?

Mindfulness

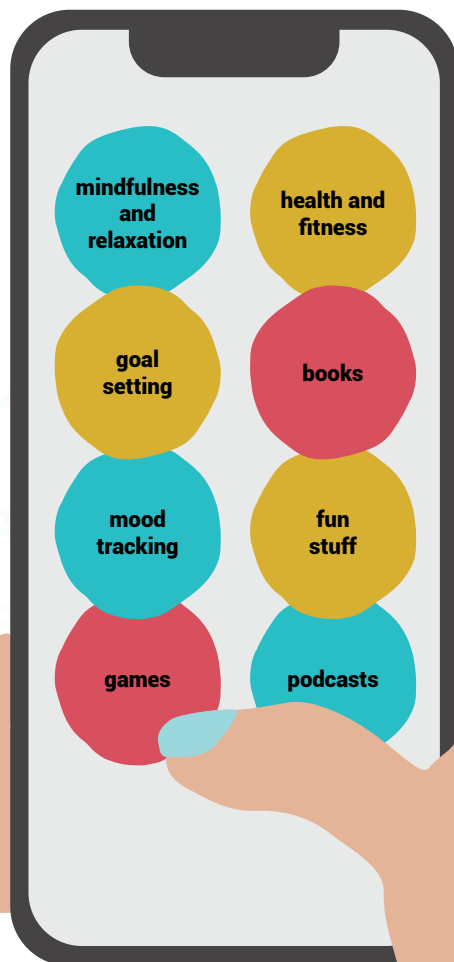
Many people find suicide very hard or confusing to talk or think about because often there are no clear answers to all the questions. Sometimes you might not want to think about it all. When you want to have 'a break' from thinking about it, grab some pens and colour-in.

Try to only think about the colours and the picture:



Some useful apps

Everyone grieves differently. So everybody's ways of looking after themselves will look different too. Here are some suggestions of categories for apps that might help you. When you search for an app, type in the category and find one that works for you.



Social Media

People have different opinions about social media. Some say it can be helpful sharing memories with others online and others say it can make things worse.

What do you think?



You can read more about
using social media safely,
at **www.orygen.org.au**

#chatsafe



This book was developed by **StandBy** to support young people bereaved by suicide. There are two age appropriate books in this series. The content of this book is suitable for teenagers.

This book contains information about suicide. The aim of this book is to provide activities to capture memories; explore thoughts and feelings and build positive help seeking strategies.

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1300 727 247 - 24/7 Support Needs
www.standbysupport.com.au

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