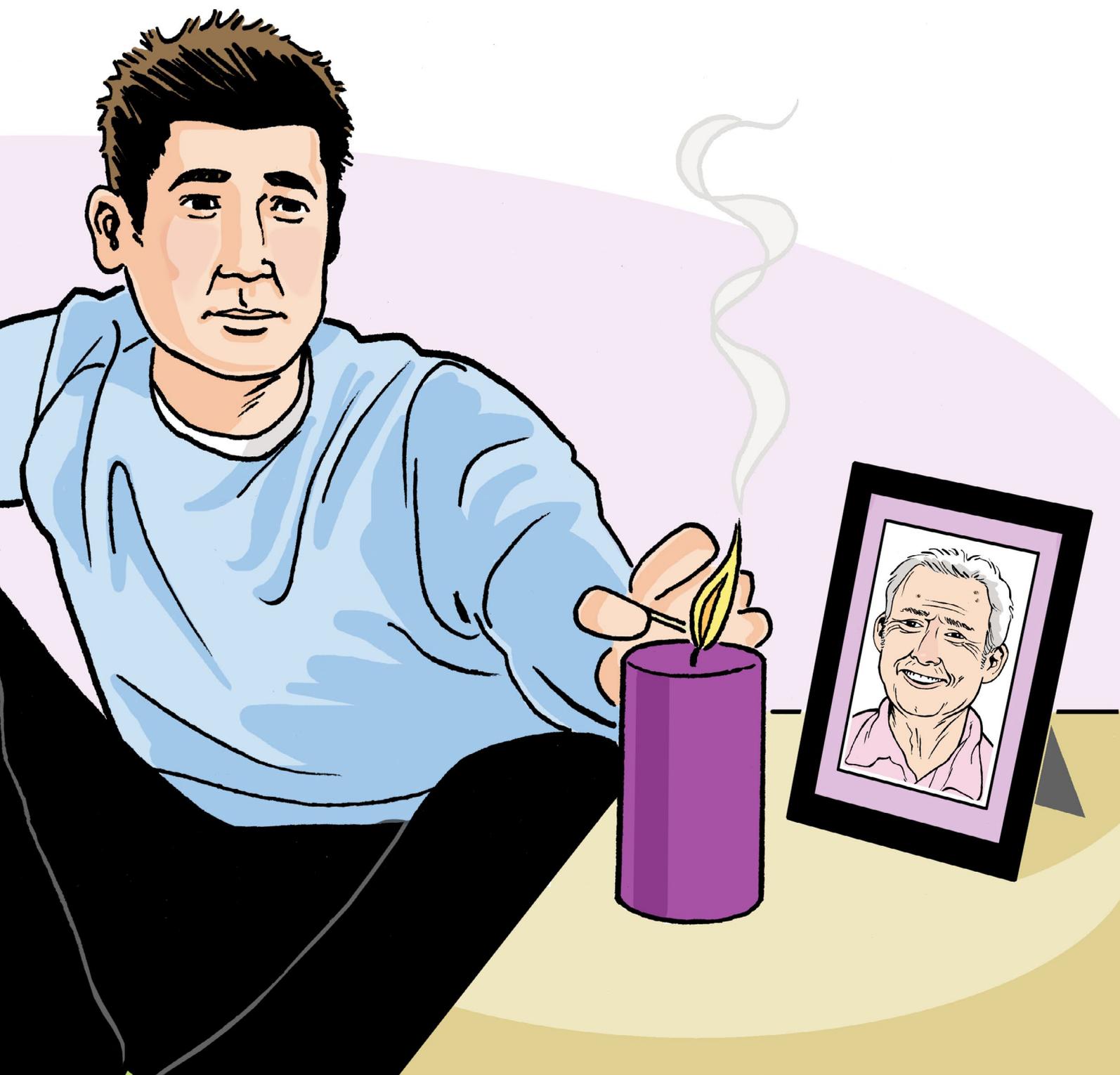


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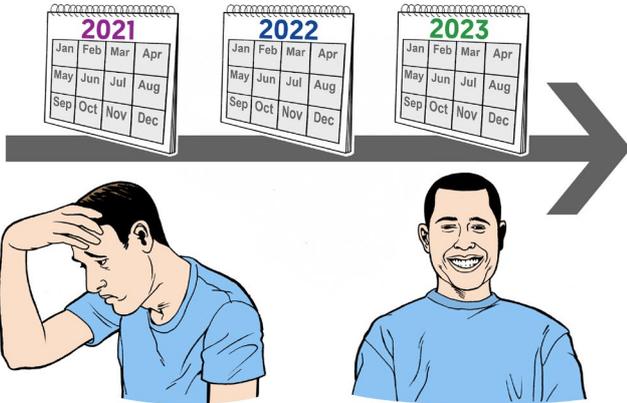
easy
read

What can help you feel better when someone dies





About this easy read booklet



This booklet is about what can help you feel better when someone dies.



You can learn about who you could talk to about your feelings and other ways to help you feel better.



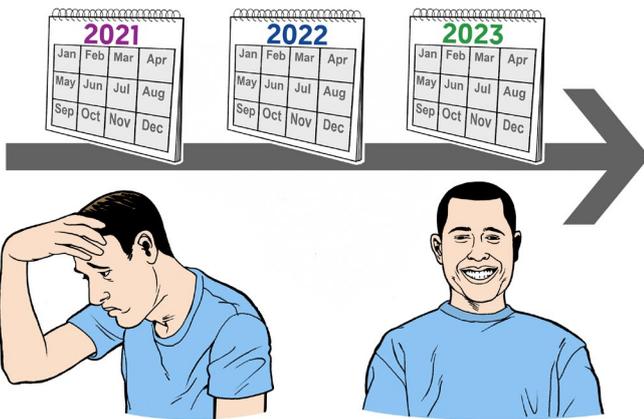
If you are worried about your health, you should talk to a doctor or nurse.



What can help you feel better when someone dies



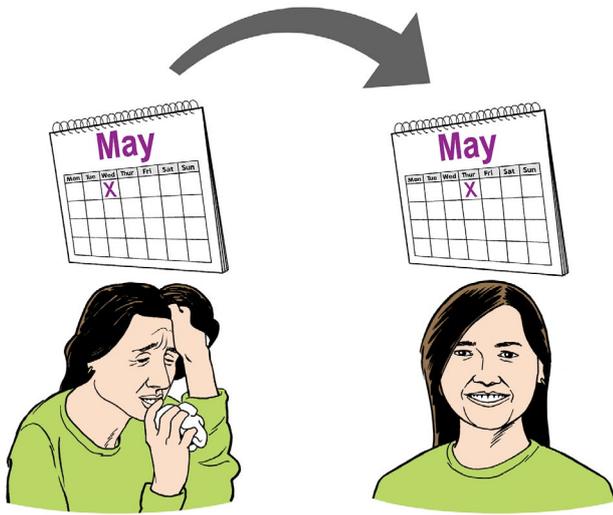
When someone dies, you may have lots of different feelings. This is called **grief**.



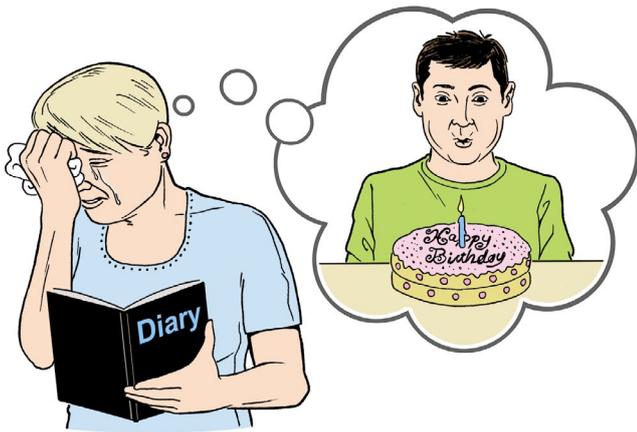
Grief can affect how you feel for months or years after a person has died. You should begin to feel better and less sad as the weeks and months pass.



Each person is different and it is OK to ask for support for as long as you need it.



There will be days when you feel very sad and then days when you feel a bit better.



Special days like birthdays and anniversaries can be hard because you may have happy memories but also feel more sad.

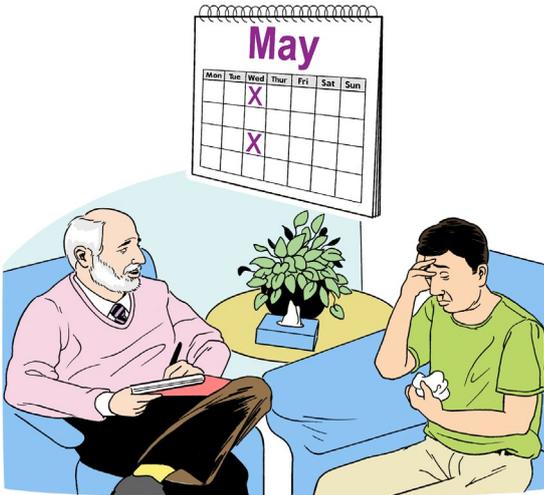


Remember there are always people who can help you. There are also things that you can do to help yourself.



Things that can help you are:

- **Tell other people when you are feeling sad or upset.**
Talk to someone you know well about how you feel.



You may be able to see a **counsellor** for support as well.



A **counsellor** is a professional who listens and gives support to people who need to talk about their feelings and problems.



The person who is supporting you can listen and try to answer your questions.



- **Spend time with people who are supportive.**

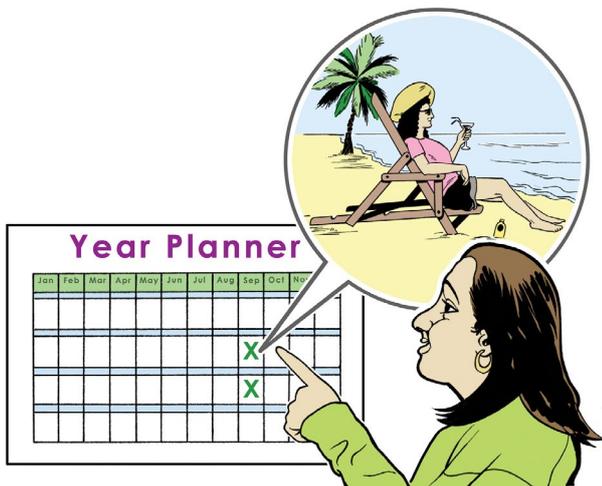
It can also help to talk to other people who know what it feels like to lose someone they love.



There are groups that meet to support each other. You may be able to go to one.



- **Try to keep your routines.**
It can help to try to carry on doing the things that you usually do. But you might have to do a bit less or take more breaks.



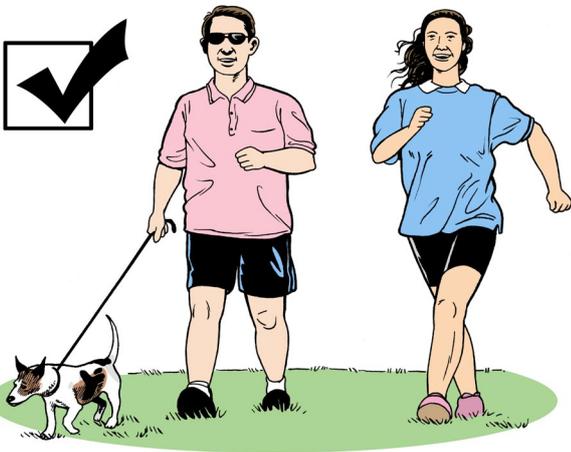
- **Plan nice things to do.**
It can help to make a calendar of events and things you are looking forward to. This can help you feel happier about your life.



- **Eat and sleep well.**
Try to make sure that you eat well and sleep regularly.



If you are having trouble sleeping, ask your doctor if there is anything that might help.



- **Try to get some exercise.** Have a walk in the fresh air every day if you can.



You might still miss the person who has died, but you may be able to remember the more happy times you had with them.



How Macmillan can help you

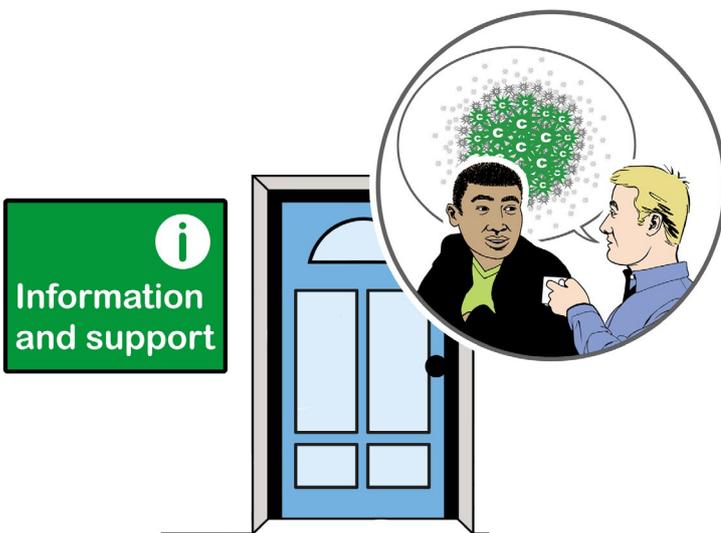


You can get support from:

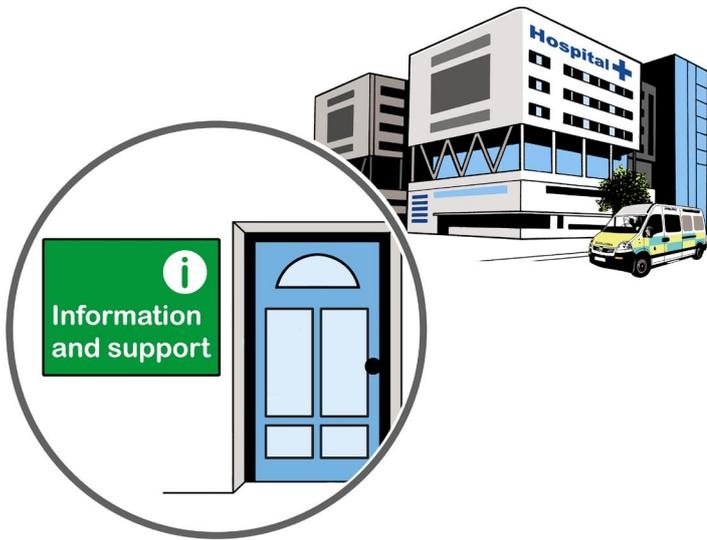
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



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



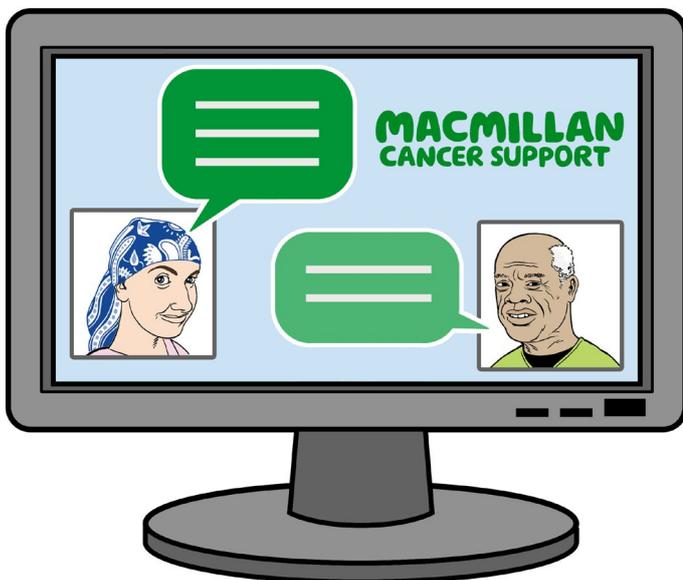
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



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



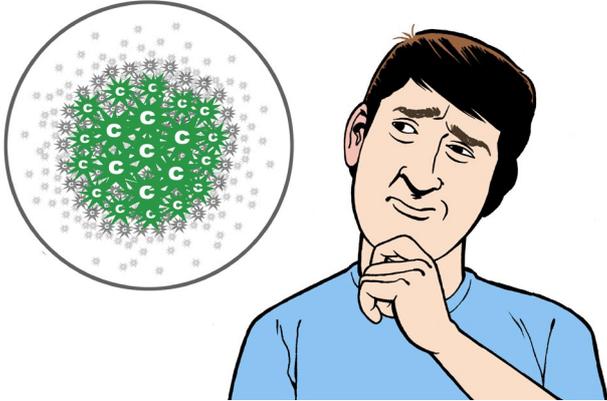
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- 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?

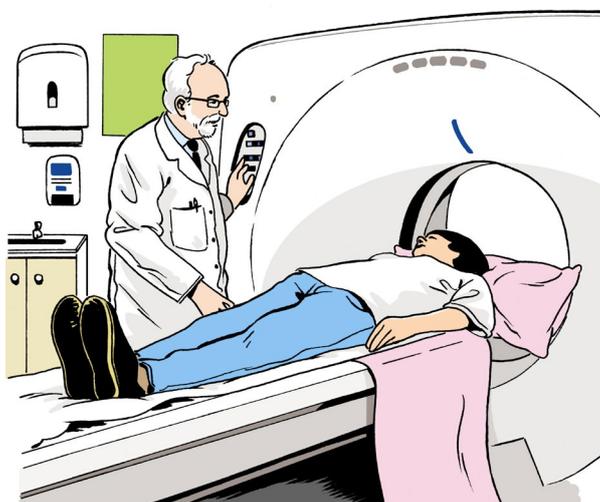
Signs and symptoms

- 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



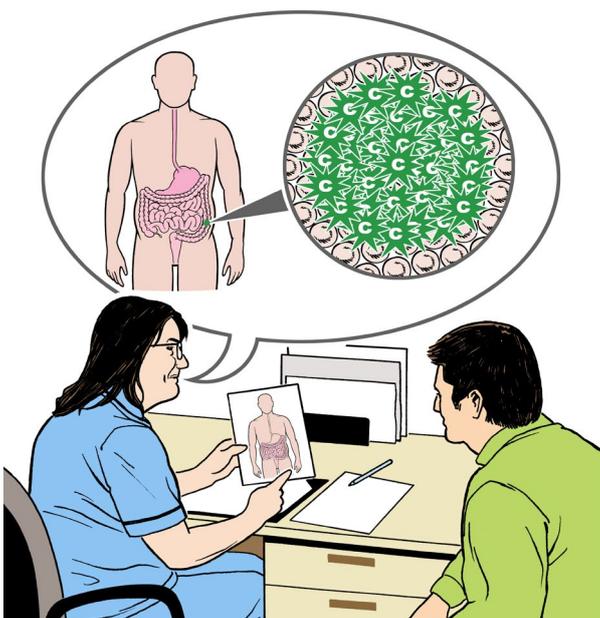
Living a healthy life

- 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**

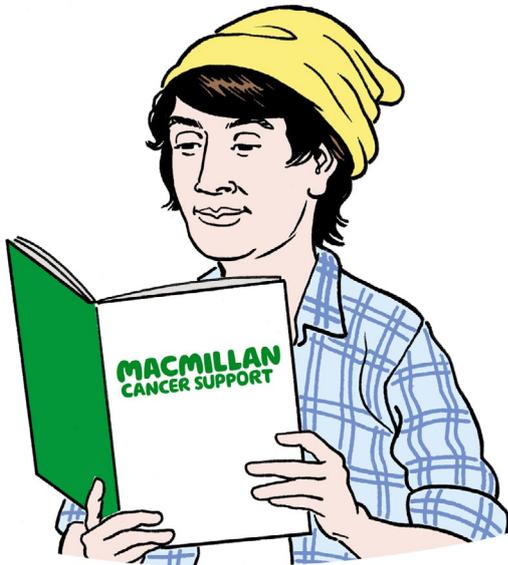


More information and resources



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



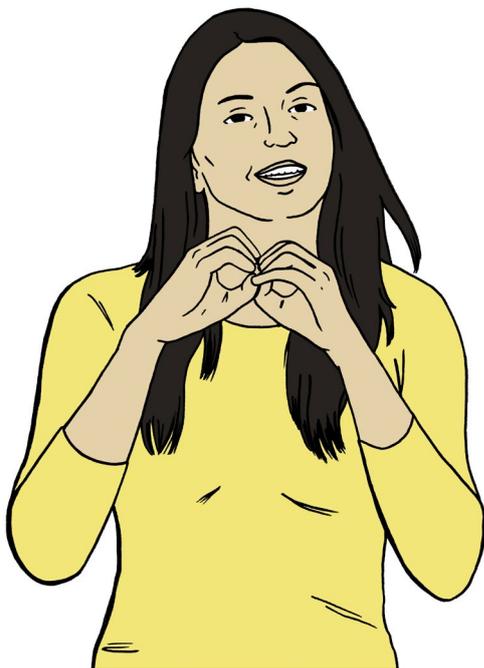
Videos

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)



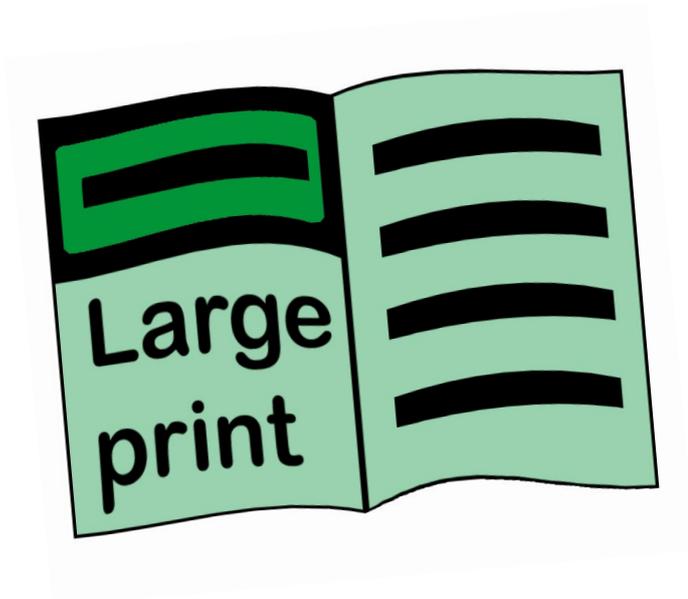
British Sign Language (BSL)

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



eBooks

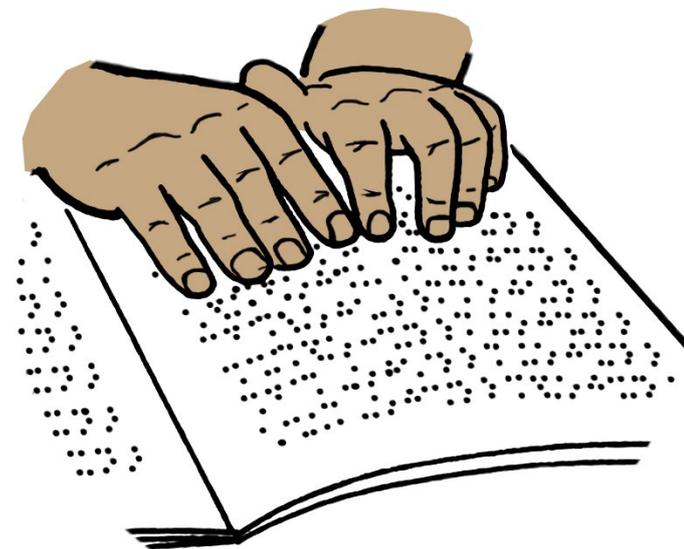
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



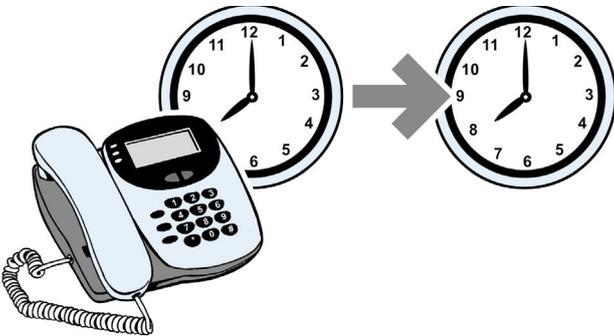
Braille

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

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