

When a Friend Dies Suddenly

A guide for you

You Are Not Doing Grief Wrong

Grief looks different for everyone. There is no right or wrong way to grieve. You might feel very sad, angry, confused, numb, or even okay at times. All of these reactions are normal, especially when someone your age dies suddenly.

Common Reactions You Might Notice

You may experience:

- Shock or disbelief it may not feel real
- Strong sadness or missing your friend intensely
- Anger or frustration
- Guilt
- Worry about other people you care about
- Trouble concentrating, sleeping, or feeling motivated
- Physical reactions such as tiredness, headaches, or stomach aches

Grief Comes and Goes

Grief is not a straight line. Some days may feel heavy, while other days feel lighter. You can laugh and still be grieving. Feeling okay does not mean you did not care.

Talking or Not Talking

Some people want to talk a lot about what happened. Others prefer to keep things inside or talk only sometimes. Both are okay. You do not owe anyone an explanation for how you grieve.

If talking feels helpful, choose someone who listens without trying to fix things.

Your Friends Matter

Losing a friend often hurts deeply because friendships are a big part of life at your age. Being with friends who also knew the person can help you feel less alone, even if you don't talk much about the loss.

Taking Care of Yourself

Small things matter when you are grieving:

- Try to rest and eat regularly
- Keep some daily routines if possible
- Move your body gently
- Give yourself breaks from thinking about the loss
- Do things that normally help you feel a little calmer

When to Ask for More Help

It can be a good idea to reach out for extra support if:

- The pain feels overwhelming most of the time
- You feel very alone or hopeless
- You avoid everything that reminds you of your friend
- You are using alcohol, drugs, or risky behavior to cope
- You have thoughts about not wanting to be here anymore

Asking for help is a sign of strength, not weakness.

One Last Thing

Grief changes over time, but love and memories remain. You do not have to go through this alone, and you are allowed to take your time.

