



MY NAME IS
ZAC

THIS IS MY STORY

IF I COULD GO BACK IN TIME & CHANGE A SINGLE DAY, THE ONE I'M GOING TO TELL YOU ABOUT WOULD BE IT.
I CAN'T BELIEVE IT'S ALREADY BEEN OVER 3 MONTHS.
8-25 am - LAST DAY OF SUMMER TERM...



I WAS LATE. I WAS DOING MY LUNCHTIME DETENTION WHEN MISS AYLES FROM STUDENT SUPPORT CAME, & TOOK ME TO THE HEAD TEACHER'S OFFICE.



THERE WAS A POLICEWOMAN.
I THOUGHT IT WAS ABOUT ME BEING LATE AGAIN, BUT IT WASN'T.
THEY TOLD ME,
ON HIS WAY TO WORK MY DAD
GOT HIT, BY A LORRY WITH NO
BRAKES.
HE DIED ON THE WAY TO HOSPITAL.

I CAN'T REMEMBER MUCH AFTER THAT.
EVERYTHING SEEMED TO STOP.



THEY TOOK ME HOME.
I STAYED IN MY ROOM.
PEOPLE CAME & WENT,
I DIDN'T TALK TO THEM.

I STAYED STILL &
WAITED FOR IT
NOT TO BE TRUE.

THERE WAS A FUNERAL.
I PRETENDED I WAS SOMEWHERE ELSE.

I DIDN'T TALK TO ANYONE,
I WAS AFRAID OF
WHAT WOULD
HAPPEN IF
I LOST IT
IN FRONT OF
EVERY BODY.



I WANTED
TO BREAK
STUFF.

AFTER THAT, IT WAS JUST ME & MUM.



AT FIRST SHE WAS A MESS -
I DIDN'T KNOW WHAT TO DO.
SHE WANTED TO TALK, BUT I COULDN'T.
IN THE END SHE GAVE UP.
I TRIED TO BE GOOD, SHE NEVER HAD TO NAG.
SHE TALKED A LOT TO
FRIENDS, ON THE PHONE
OR THEY'D DROP BY.

AFTER A WHILE,
SHE'D SOMETIMES
SOUND LIKE HER
OLD SELF AGAIN...

I COULDN'T BELIEVE IT -
HAD SHE FORGOTTEN
DAD ALREADY?



BEN & KELLY CALLED ROUND, BUT I WOULDN'T COME DOWN, & MUM HAD TO EXPLAIN WHAT HAD HAPPENED.



SHE TOLD THEM TO COME UP TO MY ROOM, BUT I WOULDN'T LET THEM IN...



GO AWAY!
LEAVE ME ALONE!!!

THEY PHONED A COUPLE OF TIMES AFTER THAT, BUT I WOULDN'T ANSWER. AFTER A WHILE THE CALLS STOPPED.

I THOUGHT IT WOULD BE EASIER, BEING LEFT ALONE, BUT IT GOT WORSE. I'D LIE AWAKE, WONDERING ABOUT DAD-



HOW EXACTLY DID HE DIE?

DID HE SAY ANYTHING?

HOW SCARED WAS HE?

WHAT DID HE LOOK LIKE?

IN THE END I'D SLEEP - BUT I'D HAVE TERRIBLE DREAMS, ABOUT DAD & THE ACCIDENT.

AND HE WAS THE PERSON I REALLY NEEDED TO TALK TO, LIKE I'D ALWAYS DONE IF I WAS WORRIED.

I WAS REALLY STUCK - BECAUSE OF ALL THE FEELINGS I HADN'T TALKED ABOUT...

IT'S MY FAULT!! IF DAD HAD GIVEN ME A LIFT HE WOULDN'T HAVE BEEN ON THAT ROAD

I'M SO ANGRY WITH HIM, FOR DOING THIS TO US! SOMETIMES I HATE HIM FOR RUINING OUR LIVES!

WHY US? IT'S NOT FAIR!

IS THERE SOMETHING WRONG WITH ME?

I NEVER TOLD HIM HOW MUCH I LOVED HIM! IF ONLY I COULD TAKE BACK THE THINGS I SAID

WHAT IF I FORGET THINGS ABOUT HIM?

MAYBE MUM WISHES IT HAD BEEN ME NOT DAD

EVERYONE ELSE IS MOVING ON - WHO WILL LISTEN NOW?

I CAN'T TALK TO MUM - WHO IS THERE FOR ME?

HOW CAN I KEEP MUM SAFE?

WHAT IF WE HAVE TO MOVE?

I MISS HIM SO MUCH!

I'D LOST ALL SENSE OF TIME - WHAT WAS THE POINT IN ANYTHING?

BUT SUDDENLY, SCHOOL HOLIDAYS WERE OVER - IN FACT, I'D MISSED A COUPLE OF WEEKS...

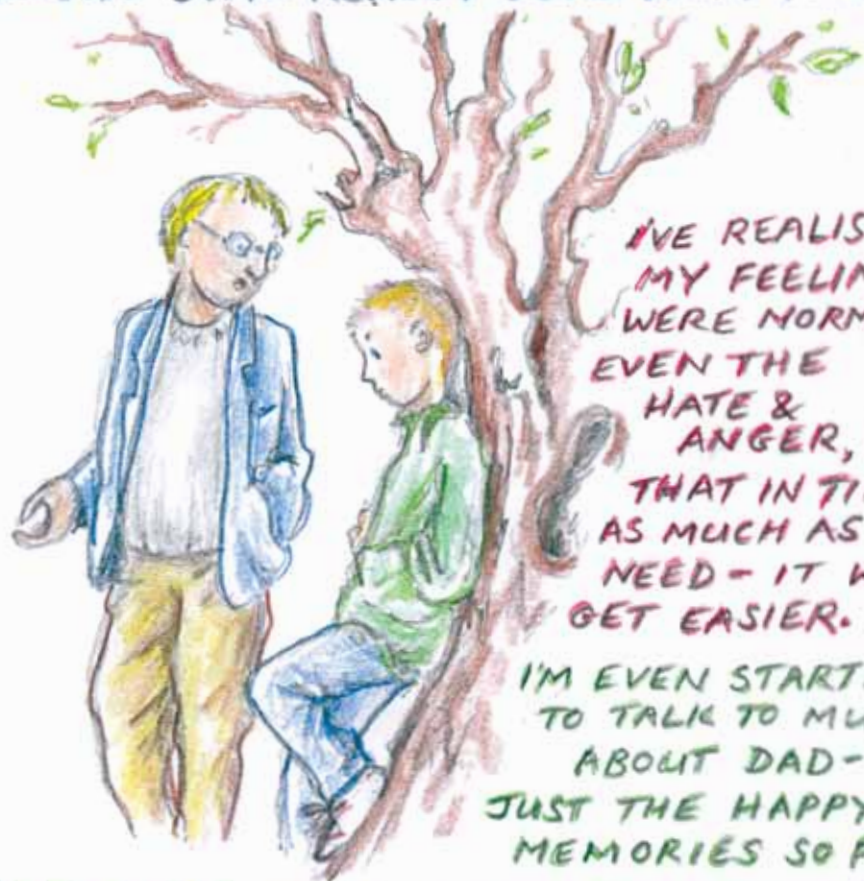


I COULDN'T FACE IT, & MUM COULDN'T MAKE ME GO -

ALSO, I HAD THIS REALLY BAD FEELING.

I HADN'T LEFT MUM AT ALL SINCE IT HAPPENED. IF I DID, SOMETHING BAD COULD HAPPEN TO HER TOO, & I WOULDN'T BE AROUND TO STOP IT. JUST LIKE WITH DAD. IN THE END, MUM PHONED THE SCHOOL & ASKED THEM TO HELP. I'M GLAD NOW SHE DID.

I'M FINALLY TALKING -
IT'S HARD, BUT IT'S HELPING LOADS.
FOR ME, IT WAS EASIER WITH SOMEONE
OUTSIDE THE FAMILY. MY SCHOOL HELPED
US FIND A BEREAVEMENT COUNSELLOR -
HE KNOWS SOME REALLY GOOD WAYS TO COPE.



I'VE REALISED
MY FEELINGS
WERE NORMAL,
EVEN THE
HATE &
ANGER, &
THAT IN TIME -
AS MUCH AS I
NEED - IT WILL
GET EASIER.

I'M EVEN STARTING
TO TALK TO MUM
ABOUT DAD -
JUST THE HAPPY
MEMORIES SO FAR.

THAT FEELS GOOD, & MUM HAS MADE ME
REALISE HOW MUCH HE LOVED ME, & THAT
IT WASN'T MY FAULT.

WE'RE MAKING A MEMORY BOX FOR DAD,
SO WE DON'T FORGET ANY OF THE SMALL
THINGS ABOUT HIM - THEY'RE REALLY
IMPORTANT TOO. IT'S HARD, BUT WE'RE
GETTING THERE.

WHAT ELSE HELPED ME?

MY SCHOOL -
THEY TALKED
TO MY CLASS, SO
I DIDN'T HAVE TO
EXPLAIN. AND THEY
SORTED OUT SOMEONE
IN SCHOOL TO TALK
TO IF I WANTED

MY FRIENDS
& MY MUM!

KNOWING WHAT
HAPPENED WAS
IMPORTANT FOR
ME - BECAUSE
MY IMAGINATION
WAS EVEN WORSE
THAN THE TRUTH

TIME -
AS LONG AS
I NEED

KNOWING
NO ONE WILL
EVER REPLACE
DAD - BUT
OTHER THINGS
IN LIFE WILL
HELP ME COPE
WITH HIS LOSS

DOING
THINGS I ENJOY,
& NOT FEELING
GUILTY ABOUT
FUN. COPING WITH LOSS
IS VERY STRESSFUL &
YOU NEED LOTS OF
BREAKS TO JUST
RELAX & THINK
ABOUT SOMETHING
ELSE

IF SOMEONE YOU KNOW DIES,
YOU MAY HAVE MANY DIFFICULT
FEELINGS. THESE ARE NORMAL.

For more information log onto:

www.mind.org.uk www.rd4u.org.uk www.childbereavement.org.uk



DON'T PUNISH YOURSELF - TALK TO SOMEONE.
IF YOU'RE WORRIED ABOUT PEOPLE BEING UPSET IN THE FAMILY, TALK TO SOMEONE ELSE YOU TRUST - YOUR SCHOOL CAN HELP.



For better
mental health

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