I can share my feelings with people I trust.

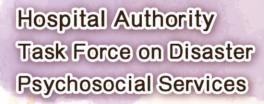


I can relax and try to do things to cheer myself up. We all have the right to be happy. It is okay to be happy again.





- ✓ I can remember things that make me happy like:
 - My family who love me
 - ♥ Friends I have fun with
 - ▼ Things I like to do
 - New things I want to try
 - ♥ My dreams for the future



Contact us:

Corporate Clinical Psychology Services, Hospital Authority

Address: 1/F, Centre for Health Protection, 147C Argyle Street, Kowloon

- 2300 8619
- **2713 6229**
- http://www.ha.org.hk/oasis

For more disaster-related psychoeducational resources, please visit https://hadps.ha.org.hk/.



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I Am Not Alone



A Resource for Bereaved Children



Someone I love has passed away. I feel really sad but I don't want others to know because I don't want to upset them.







- It is okay to be sad.
- It is okay to be angry.

Why did they have to leave me?





- I feel lonely because they are not here to play with me anymore.
- When I have a problem, I get scared because they are not here to help me anymore.



I really miss them on special occasions...



How can I help myself?

Sometimes I want to be alone, to play and draw quietly. I just want to think about it on my own.



I can think to myself:

- Everyone gets sad sometimes.
- ✓ I don't need to be scared of being sad. It is okay to be sad!

