WHEN SOMEONE I LOVE IS POORLY

It can be hard when someone we love is poorly, especially when their illness is hard to see and understand, or when it is a long illness. Can you fill in the below? If you don't know what to put, ask a grown up for help.

Their symptoms

What symptoms do they have? This can help you to understand more if it is an illness you can't see, such as a mental illness.

Ways I can help

Feeling helpful can help us feel good too. Can you think of some small ways you can help? Perhaps it's just being kind and caring.

Signs I'm struggling

When someone you love is ill it can be hard on you too. What are some signs that you aren't coping?

Ways I can help myself

What can you do when you start to feel like you're struggling? Who can you talk to?

Please remember to recycle me when you are finished with me.

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