



Say goodbye

When you speak to someone on the phone, it's normal to end the conversation with 'see you soon' or 'see you later.' We'd urge you to make sure you say 'goodbye,' and 'I love you' and 'I miss you' (if they're true and honest statements for you to make) to those you care about as frequently as you can at the end of your conversations

www.griefuk.org/schools