

Other SOSBSA Publications

Olwen Schubert
*The Nature of Words:
Guidelines for
Communicating with the
Bereaved by Suicide*
SOSBSA — Publishers
ISBN No 0 958 631 3 1 x

Olwen Schubert
Suicide: The Aftermath
SOSBSA — Publishers

Olwen Schubert
Self Healing Tools
SOSBSA — Publishers

Olwen Schubert
*Facilitating a Bereaved
Employee: Guidelines for
Employers*
SOSBSA — Publishers
SBN No 0 958 631 328

Bruce Dimmock
*Feeling Suicidal? Thoughts
on Self Help*
SOSBSA — Publishers
ISBN No 0 958 6313 3 6

Survivors of Suicide Bereavement
Support Association Inc
ABN 15 084 233 358



PO Box 334
SPRINGWOOD QLD 4127

24/7 Help Line: 1300 767 022

Where's MY Sister?

© Olwen Schubert
2008



I asked Mummy

'Where's my sister?'

Mummy told me that my sister is dead.

I asked my big brother

'Where's my sister?'

My big brother cried and told me that my sister was dead.

My big brother tells me to 'be tough', but sometimes I see him cry too.



I know Mummy and my big brother love me.

I know I'm okay.

I know I'm safe.

We say, 'remember when' ... and we talk about my sister.



Sometimes we laugh too when we talk about the fun stuff we did with my sister.

Mummy said it's okay to be happy and laugh even though we're sad because my sister is dead.



What is dead?

Sometimes I sit in my sister's chair.



Is dead like sleeping?



I miss my sister.

Mummy said we will all miss my sister for a very long, long time.

Sometimes I think my sister is dead because I wasn't being her friend.



Mummy told me 'No!'

*Nothing I did made my sister die.
It wasn't because of me.*



Mummy told me that dead was not sleeping.

Is dead like going on holidays?



Mummy said my big brother and me can talk about my sister all we want to.



Mummy told me when someone we love dies, we hurt way deep down inside and crying helps us to feel better.

Sometimes when I talk about my sister, Mummy cries.

It's scary when Mummy cries.

Mummy told me not to be afraid of tears.



She told me that they are 'love' tears.



Mummy said that dead is not like going on holidays

*Mummy said that dead means
that my sister's body isn't
working any more.*

*Mummy said remember when we
all went
to my
sister's
funeral
and said goodbye to my sister.*



*And all my sister's friends came
to say goodbye.*



*Sometimes when we cuddle
Mummy cries.*



*Sometimes my big brother hugs
me and he cries.*

*Mummy said that happens when
we are thinking of my sister.*



*I remember my sister
She was fun
She played good games*



*Mummy told me that my sister
was in a special place and we can
visit and say a prayer for my
sister.*



Mummy said we won't see my sister any more.

I see pictures of my sister in our house.



I sometimes use my sister's video game.



When I am sleeping I dream of my sister sometimes.

