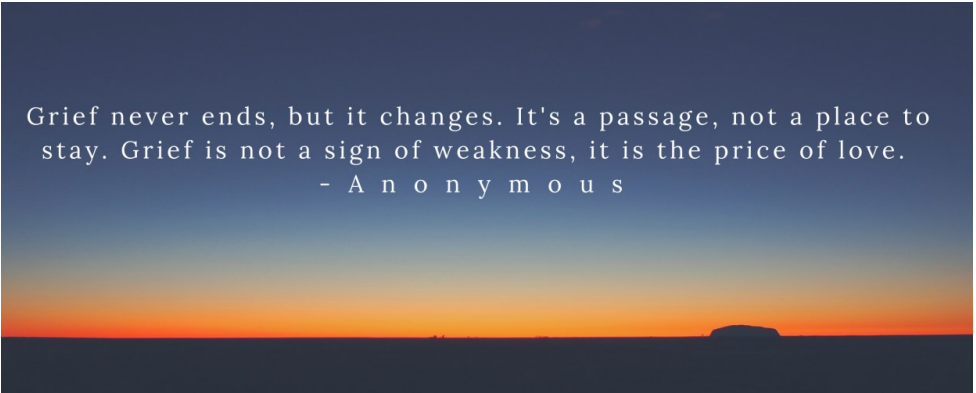


Coping with grief and loss

A rectangular image showing a sunset or sunrise. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. A dark silhouette of a person is visible on the horizon line, looking out over the water or a flat landscape.

Grief never ends, but it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, it is the price of love.
- A n o n y m o u s

When you lose someone close to you.

How does it feel? There is no right or wrong way to feel. You may have good days as well as bad days. There's no set time frame for grief. Your emotions might be quite powerful and overwhelming sometimes and yet, at other times, you may feel distant or numb. Common feelings associated with bereavement can be shock, fear, overwhelming sadness, anger, numbness or guilt.

All of these feelings are understandable and normal reactions.

What can I do.

If you need support, the Pastoral Team at school are here to support you. If you need to talk to someone our door is always open, please pop by at lunchtimes, breaktimes or after school. If you are worried about a friend please come and speak to us.

Supporting yourself

It is important that you take care of yourself following a bereavement.

One of the most helpful things is to talk about the person who has died and your relationship with them. Who you talk to will depend on you. It may be your family, friends, a faith/spiritual adviser, your GP or a support organisation.

Do.....

- Talk to other people about the person who has died, about your memories and your feelings.
- Look after yourself. Eat properly and try to get enough rest (even if you can't sleep).
- Give yourself time and permission to grieve.
- Seek help and support if you feel you need it.
- Tell people what you need.

Don't....

- Isolate yourself (unless you have to, eg due to illness).
- Keep your emotions bottled up.
- Think you are weak for needing help.
- Feel guilty if you are struggling to cope.

Supporting others

If you are supporting someone else following a bereavement – these are some suggestions that may help you, and them. People who have been bereaved may want to talk about the person who has died. One of the most helpful things you can do is simply listen, and give them time and space to grieve. Offering specific practical help – not vague general offers – can also be very helpful

Do...

- Be there for the person who is grieving – pick up the phone, write a letter/ email, call by or arrange to visit.
- Accept that everyone grieves in their own way – there is no 'normal' way.
- Encourage the person to talk.
- Listen to them.
- Create an environment in which the bereaved person can be themselves and show their feelings, rather than having to put on a front.
- Be aware that grief can take a long time.
- Contact the person at difficult times – special anniversaries and birthdays, for example.
- Offer practical help.

Don't...

- Avoid someone who has been bereaved.
- Use clichés: 'I understand how you feel'; 'You'll get over it'; 'Time heals.'
- Tell them it's time to move on, they should be over it – how long a person needs to grieve is entirely individual.

Where else can I find support and advice.



Call our Helpline
0800 02 888 40

We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age. They have a range of support available including their hotline or online support chat features Apps and Games.

App: Grief support for young people

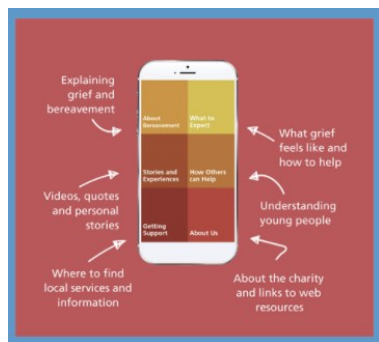
Designed by bereaved young people for bereaved young people

“

The app enables you to get the support that you want in your own space and in your own time.

”

- James, 17



[Support for young people | Child Bereavement UK](https://www.childbereavementuk.org/support-for-young-people)

The app has information about:

- bereavement
- grief
- feelings
- how others can help

It includes a built-in notepad so you can write down how you are feeling and also links to Child Bereavement UK's website where you can use search facilities to find other support organisations near you.

childline

ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk/get-support/contacting-childline

CONTACTING CHILDLINE

You can talk to us about anything. No problem is too big or too small.

Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

HOPELINEUK

If a bereavement leads you to think about suicide: For some young people, the pain or difficulties related to someone dying may lead to thoughts of suicide. HOPELINEUK offers support for anyone up to the age of 35 who is experiencing thoughts of suicide. We can give you a safe space to talk about thoughts of suicide and what's been happening in your life for suicide to feel like an option.

HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

Opening hours:

9am – 10pm weekdays

2pm – 10pm weekends

2pm – 10pm bank holidays

www.papyrus-uk.org

Our Suicide Prevention Advisers
are ready to support you

[Get In Touch | Papyrus UK |](#)

[Suicide Prevention Charity](#)

[\(\[papyrus-uk.org\]\(http://papyrus-uk.org\)\)](http://papyrus-uk.org)



Hopeagain.org.uk



Hope Again is the youth website of Cruse Bereavement Care. It has been created for young people, by young people. We offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s. We want to break the isolation that grief brings, by providing a space for young people to explore their grief and feel less alone.

Cruse is a national charity within the UK that provides support, advice and information to children, young people and adults when someone close to them dies. We also work to enhance society's care of bereaved people.

How Cruse can help?

Cruse offers a range of services, including support face to face and in groups, as well as telephone and email support.

- Cruse services are provided by dedicated and skilled volunteers in local communities who support children, young people and adults through grief.
- We offer advice, support and information for everyone and awareness-raising training days for teachers, parents, carers, social workers, and other professionals working with bereaved children and young people.
- Cruse also has a national website, www.cruse.org.uk which provides information for young people and adults about our services and information on how to help those dealing with grief.

Who We Are

We want to see a world where no young person feels alone with their mental health and all young people get the mental health support they need, when they need it, no matter what.

WE'RE
OPTIMISTIC

Things get tough, but we never forget to celebrate progress and never stop looking for practical ways for things to get better.

It takes courage to ask for help. But for many young people who do, the support they need just isn't there. We provide young people with tools to look after their mental health. We empower adults to be the best support they can be to the young people in their lives. And we give young people the space and confidence to get their voices heard and change the world we live in.

Together, we can create a world where no young person feels alone with their mental health. Join our movement.

Are you a young person in crisis?



Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help, text YM to 85258.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.