

Supporting Students around bereavement and loss

25.05.2021 Tutor time Information



There is no right way to deal with the loss of a loved one. Grieving will be different for everyone. There are 5 stages of grief - denial, anger, bargaining, depression & acceptance.

Grief is like a rollercoaster and there are ups and downs but it is important that we find ways to cope with it in our own way.



A few strategies you could use are:

- Writing a memory postcard
- Talking to someone: seek out caring people who understands your feelings and loss
- Doing things which make you happy
- Take care of yourself both physically and mentally
- Eating properly
- Trying to maintain your normal lifestyle as much as you
- Acknowledge your feelings even the ones you don't like
- Get support if you need it



Who can I talk to at School?

- Tutor
- Head of Year
- Pastoral Manager
- Email our mental health support team at opendoor@bexhillacademy.org
- Designated Safeguarding Leads - Mrs Hillman, Mrs Holter & Mrs Gordon
- Mental Health First Aider - Mrs Ransom
- Any member of staff that you are comfortable talking to
- We will be making additional support available for our school community at this sad time

Who can I talk to outside of school?



Any family member or friend that you are comfortable talking to

Winston's Wish - UK-wide national helpline offering support, information and guidance to children, young people and anyone caring for a child/young person who has been bereaved.

- **Helpline:** 08088 020 021
- **Website:** www.winstonswish.org.uk
- **Email:** via website

Child Bereavement UK - When a child is facing bereavement.

- **Hours:** Monday - Friday: 9am - 5pm
- **Helpline:** 0800 02 888 40
- **Email:** support@childbereavementuk.org

Grief Encounter - Grief Encounter aims to provide support to anyone who has suffered from bereavement. They offer support via their helpline. Their website has resources for children, teenagers, adults and professionals.

- **Hours:** Monday - Friday: 9am - 5pm
- **Helpline:** 0208 371 8455
- **Website:** www.griefencounter.org.uk
- **Email:** support@griefencounter.org.uk