

# *Supporting Students around bereavement and loss*

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.*

*26.5.2021 - Tutor Time Information*

# Reminder: Who can I talk to at School?



**Bexhill**  
Academy

- Tutor
- Head of Year
- Pastoral Manager
- Email our mental health support team at [opendoor@bexhillacademy.org](mailto: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

# Reminder: 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](http://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](mailto: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](http://www.griefencounter.org.uk)
- **Email:** [support@griefencounter.org.uk](mailto:support@griefencounter.org.uk)



Reminder: 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

# *The healing power of writing:*

Benefit of writing to share thoughts and feelings in dealing with loss

- Writing down thoughts and feelings after losing someone allows you to express yourself freely and safely. It also provides you with the tools to explore and discover within so that you can build your inner strength back up again.
- An emotionally charged memoir about your memories with a departed loved one allows you to revisit the good times, special events, and strong feelings.
- It serves as a tribute, which you can revisit from time to time. You can choose to share it with a select few relatives, keep it completely private, or publish it later.
- *If you would like these cards will be shared with Bailey's family - They can be memories or words of kindness you wish to share*