

## Bereavement Support for Young People

Bereavement is usually described as a time of sadness after the loss or death of someone who is important in our lives.

Every person will experience a bereavement in different ways, and while many people will experience sadness, others will experience many different emotions.

It is okay not to feel sad after someone close to you has died – we can move in and out of different emotions during a time of loss.

Grief is how we respond to suffering a loss in our life. It includes our feelings as mentioned earlier but also what we do in order to cope with what has happened. It is normal for us to behave in different ways as we cope with a huge change in our lives.



### Top Tips

Below are some top tips that may help you during this difficult time. But remember, not all of these will be helpful to everyone.

It is okay to react in your own way. Some people may want to look after those around them if they are suffering too, while some may need time away from others. You may even act in ways you wouldn't normally due to feeling angry or guilty. Whatever way you grieve, it is important to keep yourself safe and seek help from a trusted adult or support service if things get too much.



Say goodbye in your own way. Join in with family gatherings and activities, such as the funeral or celebration of life events. It is up to you how much or how little you join in with these events. Do not feel like you have to attend anything if you feel scared or like you are not ready. You may want to find other ways such as lighting a candle, letting off balloons, saying a prayer or poem, writing a letter, making a memory box, planting a tree or flower, looking through photographs, visiting the grave or another special place.

Your emotions might change over time. You may not feel sad straight away after losing someone. These feelings may come a while later. Some people may be upset at first, but these feelings may change after a while. You may experience many different emotions during this time. This is okay and a normal part of grieving.

Remember everyone experiences different emotions. You may not feel or react in the same way as others. If you notice that others around you are feeling sad but you are feeling some other emotion this is completely normal.



Get support from peers. You may feel isolated from your friends at this time if they are not going through the same as you. It may also feel hard to speak to adults about how you're feeling, especially if they are going through it too.

Talking to other young people who have experienced a bereavement too can be really helpful.



Remember the person who has passed away. Make a memory box of photos, films, drawings, some clothing, favourite perfume/aftershave and other important items. Macmillan Cancer Support helps with this:

[www.macmillan.org.uk/information-and-support/coping/advanced-cancer/relationships/making-a-memory-box.html](http://www.macmillan.org.uk/information-and-support/coping/advanced-cancer/relationships/making-a-memory-box.html)

Remember upcoming anniversaries. Think about how you can mark these in a way that is comforting to you.

## Services you can access

Losing someone can be hard to deal with for many people and some people might need further support to deal with it – so we have included below lots of services that can help you if you need it.

### Services you can access:

#### Child Bereavement UK

Telephone: 0800 02 888 40

Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Website: [www.childbereavementuk.org/get-support](http://www.childbereavementuk.org/get-support)

They offer help and support through telephone, email and live chat for children and young people who are bereaved.

#### Child Bereavement UK - Young People's App

Website: [www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

An app has been created where you can meet other young people who have experienced the death of someone who is important to them. There is also an online game which can help you to deal with the death of someone who is close to you. You can also get support from the link below

#### Walsall Bereavement Support Service

Telephone: 01922645035

Website: [www.wbss.org.uk](http://www.wbss.org.uk)

If you live in Walsall you can get counselling and support to help you cope with losing a loved one. You can get other information and guidance on their website

#### Beyond the Horizon, Birmingham

Telephone: 01214307529

Website: <http://www.beyondthehorizon.org.uk/>

They offer support and counselling if you are experiencing grief after a death.

#### Edward's Trust, Birmingham

They offer support and counselling for school aged children who are bereaved

Telephone: 01214541705

Website: <http://edwardstrust.keanebuild19.uk/corona-virus/>

#### Cruse Bereavement Care: Hope

Telephone: 0808 808 1677

Website: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

They have a helpline and other support for young people aged 12-18 after a bereavement. Also provide email and online support. They also offer group work with other young people in similar situations.

#### Grief Encounter Project:

Telephone: 0808 802 0111

Website: [www.griefencounter.com](http://www.griefencounter.com)

They offer workshops, one to one counselling telephone advice, resources and an interactive website for you and your family if you've suffered a bereavement.

#### Winston's Wish:

Telephone: 08088 020 021

Website: [www.winstonswish.org](http://www.winstonswish.org)

They offer support for bereaved children and young people.

