



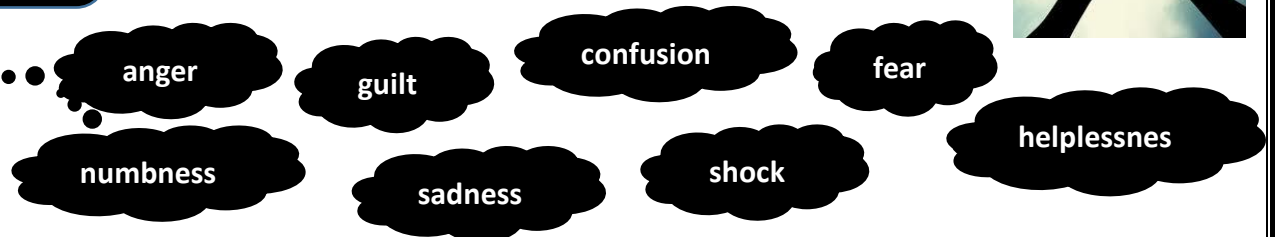
# Bereavement and Grief



This guide has been written to help you manage the distressing and confusing reactions that happen to you when someone dies. Bereavement is the name given to explain the experience we have following the death of someone we know. It can be a close bereavement such as of a parent, brother or sister, grandparent, friend, close family friend, or a relationship that was important to you, or the bereavement of someone we were not as close to but who was important to us. When we are bereaved we experience grief.

## How should I be feeling now?

The answer is, is that there is **no single way to react**. Different people will react differently, and that is OK. Equally, **each person will go through different emotions at different times**. You might feel any of these emotions, and more:



These emotions can come and go, and you may find yourself responding to situations in unexpected ways. Grieving is completely normal, and it is important to remember that there is **no time-scale** for it. Different people will take different amounts of time to grieve and process what has happened.

## How long should I feel like this?

## How might I know I?

In particular, the difficult emotions that you may be experiencing regarding the lockdown may make you feel these emotions more strongly, or even make it more difficult for you to feel emotions linked to what has happened. Changes that you might feel in your body include:



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## How might my behaviour change?

You may also notice changes in how you or others behave or think:



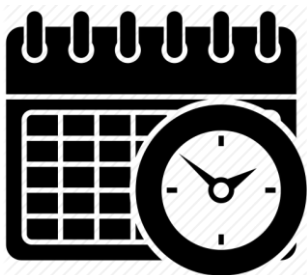
- Difficulties concentrating
- Avoiding things
- Withdrawing from others
- Increase in conflict between you and your peers, siblings or parents
- Intrusive thoughts/images that remind you about what has happened
- Avoiding things that remind you about what has happened
- Difficulties making decisions
- Being more worried about your safety and that of others. This is especially relevant because of coronavirus.

## How can I look after myself?

Firstly, it is important to know that **things will get easier with time**. Different people will prefer different things to help them manage their difficult feelings, and that is OK. Equally, you may find some things work better at different times than others. Some ideas that may be helpful are:



**Do not bottle up your emotions.** Give yourself time to **cry** if that is helpful, or find another way to have an outlet for your feelings, like **drawing, keeping a journal or vigorous exercise**. You may find it helpful to listen to **relaxing music** or engage in **mindfulness/breathing exercises**. Apps like Headspace and Calm have different things that you can try, and are free to download.



Continuing with **routine**. This is more difficult at the moment, as everyone's routine has changed from what it was. This could include simple things like when you wake up, eat and go to bed.



**EAT**  
**SLEEP**  
**EXERCISE**  
**REPEAT**

Look after yourself, **sleep, eat well and exercise.**



Distractions are OK too – try and carry on with **hobbies** if you can, like sports, baking or reading.

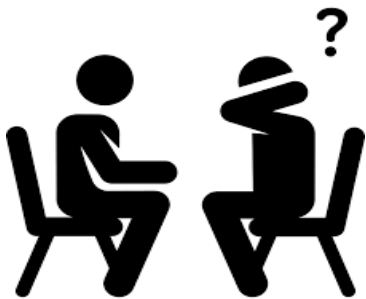


Try and spend some time **outside.**

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**Talk to your friends** and help each other. Although you are apart from each other, contact over text, WhatsApp, video calls, email, doing activities together like quizzes or watching things can all help.



**Talk to your parents** about how you are feeling.



**Talk to staff.** Although you may not be able to see them, they can still offer help or signpost you to where you can get more support.



For those who are religious, their beliefs and faith can help.



Equally, if you are worried about someone else, let someone know.



It is best to avoid thinking about the reasons why it happened or if things could have been different – it is complicated and no one can know for sure.

Remember that it is OK to talk about what has happened and share memories, although be aware that the person you are speaking to may not be ready at that particular moment to do so.

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## Where can I get help?



- YoungMinds - Parents Helpline - free 0808 802 5544 (Mon-Fri 9:30 - 16:00).
- Kooth - Provides free online mental health and wellbeing support and counselling to young people aged 11 – 25, via any internet accessible device. [www.kooth.com](http://www.kooth.com) & [parents@xenzone.com](mailto:parents@xenzone.com)
- CALM (Campaign Against Living Miserably) - Helpline: 0800 58 58 58 (Daily 17:00-midnight) or [www.thecalmzone.net/help/webchat/](http://www.thecalmzone.net/help/webchat/) Offers support to young men in the UK who are down or in a crisis.
- Childline - Free 24h helpline: 0800 1111 Children under 19 can confidentially call, email, or chat online about any problem big or small.
- Just Talk – mental health support for teenage boys at [www.justtalkherts.org](http://www.justtalkherts.org) or 0300 777 0707 (8am–7pm) and 01438 843322 (5pm–8am)
- The Mix - A confidential helpline, email, webchat and telephone counselling service for young people under 25. Free 0808 808 4994 (daily 13:00-23:00)
- Youth Wellbeing Directory - Lists of local services for young people's mental health and wellbeing.
- Youth Access - Information about advice and counselling services in the UK for young people aged 12-25 years.
- MindEd – A families' website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing.
- Winston's Wish <https://www.winstonswish.org/supporting-you/>
- Grief Encounter <https://www.griefencounter.org.uk/child-bereavementsupport/>
- Child Bereavement UK <https://www.childbereavementuk.org>
- Cruse Bereavement Care <https://www.cruse.org.uk/get-help/for-parents> & Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies.



Giving hope to grieving children



JUST TALK



**grief encounter**  
helping children through bereavement

