

When someone dies, it can be hard to know what to think, feel or do next. Whether it's a parent, sibling, friend or someone you admired from afar, suddenly not having them in your life can feel scary and upsetting.

We're here to let you know that whatever it is you're feeling (or not feeling), it's valid and it's ok.

There's no right or wrong way to grieve. And there's no set formula to 'get over' it. Instead, we can learn to live with our grief and build a life around our loss.

We want you to know that there are people and places that you can get support, whether you need this right now or in the future we are here for you.

This guide gives you places in school and outside of school that can help you if you feel you need some help.



Any member of staff in the school will help support you if you need it.

The people shown below have specific training and skills to support young people around feelings and wellbeing.

If you would like support, please speak to your Tutor, Head of Year or Assistant Head of Year who will get the right help for you.



Sam Whittaker
Assistant Headteacher



Mrs K
MHFA Instructor



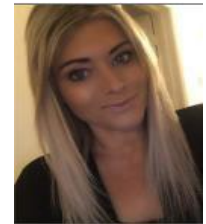
Mollie
Therapeutic Practitioner



Sian
Therapeutic Practitioner



Beth
Engagement & Therapeutic Practitioner



Julia
SEMH Inclusion Practitioner



- Ms Mason
- Miss Fleming
- Mrs Moloney
- Miss Phillips
- Miss Gallagher

- Miss Ralph
- Mrs Kent
- Mrs Merry
- Ms Kyprianou
- Mr O’Kane

- Ms Ackroyd
- Miss Novitt
- Mrs Davis
- Ms Maberley
- Mr McLaren

- Mr Vaughan
- Mrs Bray
- Mr Purdey
- Dr Wallace
- Mr Beverly

- Miss Wells
- Mr Osbourne
- Mr Thomas
- Mr Ashdown
- Miss Adamson

- Miss Bromley
- Miss Britton
- Miss Harris
- Mrs Martin
- Miss Napier

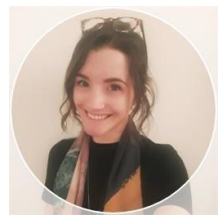
- Mrs Pastor
- Mr Gant
- Mrs Callard
- Ms Gallagher
- Ms Fleming



Tara
Counsellor



Laura
Counsellor



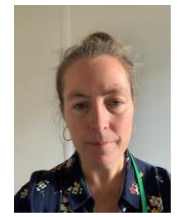
Jennie
Senior Mental Health Practitioner



Jane
Clinical Psychologist



Katy
Children’s Wellbeing Practitioner



Sophie
Children’s Wellbeing Practitioner

Grief and loss

What is grief?

It can be extremely difficult when you lose someone or something important to you. Whether you've lost a family member, a friend, a pet, or any other significant person in your life, you may feel a whole range of emotions. Grief is an emotional response to this loss. It is a process rather than an event and it can affect how you feel physically, mentally and socially.

You might be grieving because of:

- the death of a family member, like a parent, grandparent or sibling
- the death of a friend, or someone you knew at school, college or university
- the death of someone you work with
- the death of a trusted adult in your life, such as a sports coach, faith leader or teacher
- the death of someone by suicide
- the death of a significant public figure, like a celebrity or someone you follow on social media
- a change in a relationship
- an illness of someone close to you, like cancer or dementia
- the loss of a relationship, like someone moving away or no longer being in your life regularly
- the loss or death of a pet animal

Whoever you have lost, you need time and space to grieve and come to terms with their death.

We all grieve differently

There's no right or wrong way to grieve and everyone grieves in different ways. You might feel angry, sad, depressed, guilty, relieved, or any other number of emotions. Or you might be numb and not feel anything at all. However you're feeling is okay and is a normal reaction to losing someone.

Because we all grieve differently, how you react might be different to how other people around you react. For example, the way you grieve might be influenced by your culture, beliefs, or how your family and community understand loss. Your grief might also be influenced by what you feel others expect of you, but it's important to remember that however you're feeling is valid – there's nothing wrong with you if you don't react to loss the way others do.

While it's important to look after yourself when grieving, it's also important to be sensitive to how other people are grieving and accept that everyone's experience is unique.

Remember, too, that **grief can come up at any time**. There might be some occasions when you are expecting it, like when you experience one of many 'firsts', such as your first holiday or birthday without that person. Or these feelings might catch you unaware sometimes. It might be that you don't feel anything for a while, and then experience delayed grief. All of these experiences are normal.

Symptoms of grief

There are a mixture of emotions and responses associated with grief and you may feel all, some or none of these. However you're feeling, your feelings are valid and you are not alone.

You might feel:

- shock
- panic
- sadness or depression
- anger
- fear or anxiety
- guilt
- relief
- numbness, or nothing
- concerned with your health or other people's
- abandoned

Feelings of guilt and anger

Some people may feel guilty, or like it's their fault. But remember, the loss you have experienced is not your fault. And if you stop feeling sad or in pain, it does not mean that you've stopped caring. You are allowed to feel happy, find enjoyment in things and move forward in your life, and it is not a sign that you don't care enough for the person you have lost.

Working through your grief

It takes time to work through grief and it's best not to do it alone. Sometimes you might be surprised by feelings of sadness when you don't expect them – or you might keep worrying about other people's health, or your own. These feelings are all normal. While grief may never fully go away, most of us get through these feelings with the support of family and friends, and learn how to move forward in a new direction.

If you're struggling to come to terms with a death, you're finding daily life hard and things don't seem to be getting any better, it can help to talk to someone. Tell a trusted friend, family member or teacher how you're feeling. It's okay to ask others to be with you if you need them.

Stages of Grief

These are five common stages of grief that people experience when they lose a loved one.

DENIAL

It is really hard for you to imagine that this person is really gone. You find it hard to believe that it's true.



ANGER

You start to feel angry because this person is not in your life anymore. You may feel angry toward them, yourself, or others.

BARGAINING

You try to figure out if there's *anything* that you can do or change that could make this person come back.

DEPRESSION

You feel really sad because you realize that this person is gone and will not be coming back to you.

ACCEPTANCE

You understand that this person is gone, and you try to get things back to normal the best that you can.

Tips and advice for expressing your grief

You may find it helpful to express your grief in different ways. Here are some things you could try to help communicate how you are feeling:



Write a letter to the person you have lost telling them all the things you want to say to them.



Write a letter to someone who is supporting you, so they know what you are going through.



Keep a diary or journal of how you feel.



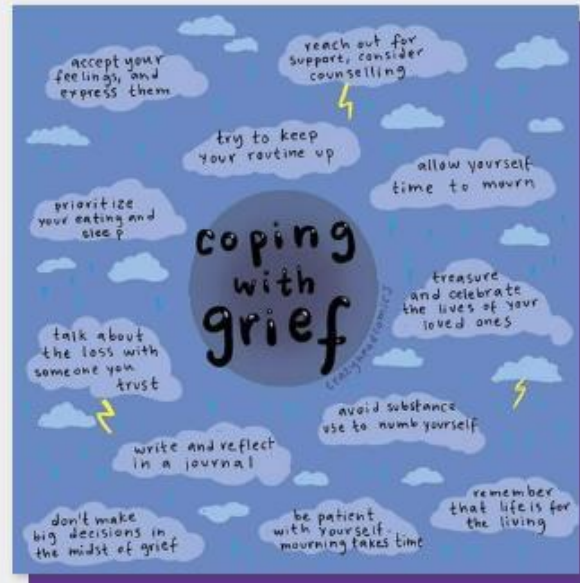
Express yourself through paintings or pictures.



Write a song or poem.



Create a memory box full of pictures and items which remind you of the good times you had with the person you have lost.



**GET
SUPPORT**



<https://www.youngminds.org.uk/young-person/>



<https://www.hopeagain.org.uk/>



I-ROCK

14-25 in East Sussex and need to talk ?

Email: irockeastsussex@spft.nhs.uk to book a face to face appointment.

You can also chat with us in our virtual drop in service by video call, audio call or text chat, we are online waiting to chat every weekday between 11am and 6pm

TALK GRIEF^{WW}

<https://www.talkgrief.org/>



INFORMATION ON GRIEF

Advice, resources and talks to help you understand grief and how it might impact you.



SHARE WHAT IT'S REALLY LIKE

Grieving young people share their real experiences – the good, the bad and the ugly.



EXPERT SUPPORT

Trained bereavement support workers to listen and support you in your grief.



DEDICATED SPACE FOR YOU

Grief is different for everyone, so however you are feeling you'll find something to relate to.

**WINSTON'S
WISH WW**

Giving hope to grieving children

<https://www.winstonswish.org/supporting-you/grief-support-young-people/>



Live chat

Chat online between 8am and 8pm, weekdays by clicking the blue 'Chat with us' button at the bottom right of your screen.



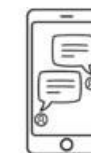
Email

Email us on ask@winstonswish.org or fill out our [contact form](#) and we'll reply within two working days.



Call

Call us for free on 08088 020 021 between 8am-8pm, weekdays.



Text

If it's urgent, text WW to 85258 to speak with someone from our trusted partner, Shout.