



GRIEF SUPPORT FOR YOUNG PEOPLE

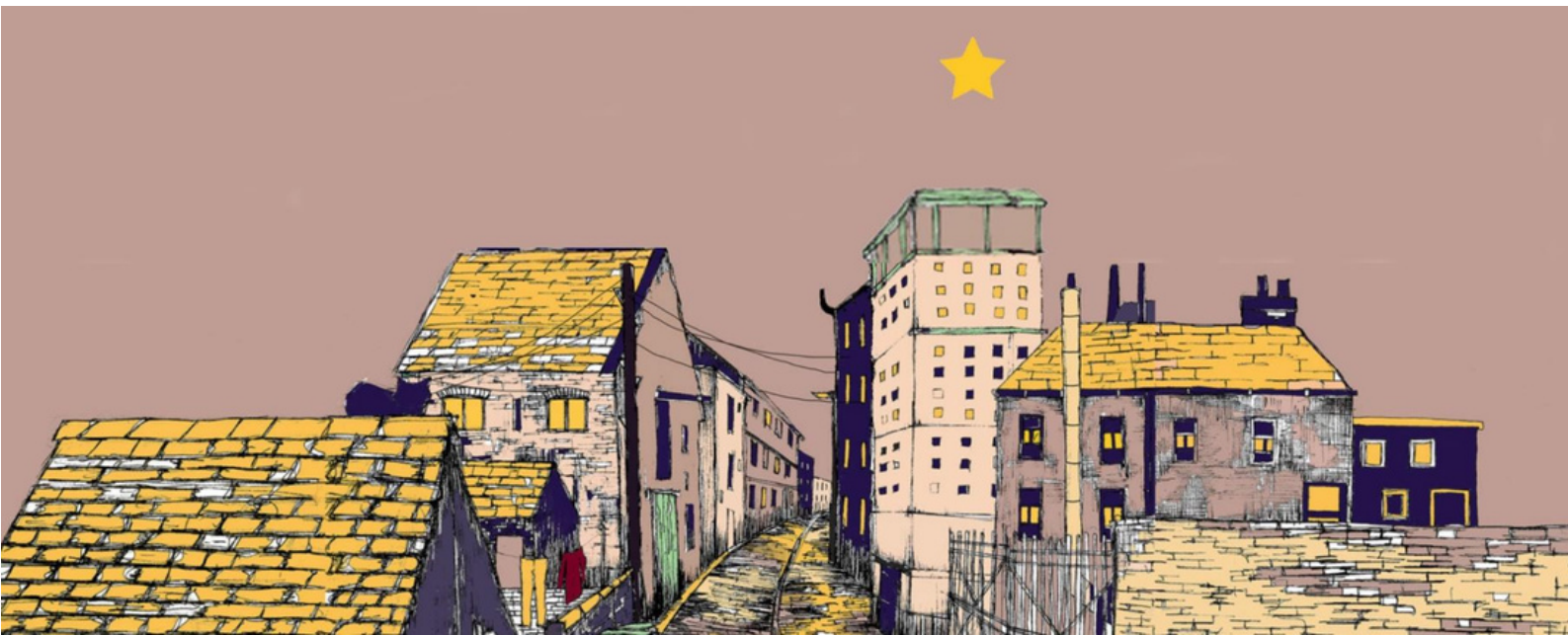


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Introduction

This pack was created to help proactively support children, young people, and their families when someone important has died. This guide aims to help them in their journey through healthy grief and help them to develop the necessary tools to move forward in their lives. Healthy grief, what do we mean by this? Healthy grieving enables us to remember the importance of our loss—but with a newfound sense of peace, rather than hurt or pain. No two people will experience grief in the same way. The way we think and feel, the way our body and brain functions, and the way we interact with other people may all be affected. Finding our own ways of managing these feelings can help us move forwards through our grieving process.

What is grief?

Grief is a word we use to describe all the feelings we have when someone we love dies. Grief may not feel normal but it is. Everyone will 'grieve' in their own way.

You may experience all sorts of feelings or you may feel nothing.

You may find it easy to talk or you might keep all of your emotions inside. Grief is when we are expressing all of the love or any other feelings we have for the person who has died. We might also grieve when our pet dies. Grief can make you feel many different ways, such as:

- Sad
- Angry
- Confused
- Detached - as though this is not real or really happening
- Frightened
- Overwhelmed
- Upset and distressed - when all these feelings are inside us
- Guilt
- Panic and worry
- Helpless
- Numb

You might also experience physical symptoms of grief, including:

- Crying, often when you least expect it
- Aches, pains and headaches
- Loss of appetite
- Fatigue or difficulty sleeping

All of these feelings are normal when someone you love has died. It's really important to find someone you can trust and share your feelings with them. This might be a family member, a friend, or a place like Star Bereavement - we help children and young people with their grief feelings.

It's also normal to sometimes forget about your grief, to feel happy when we think of a happy memory or time, to have fun and take breaks from grieving.

It's also normal to dream about the person who has died - these dreams might be nice and peaceful, or scary and not nice.

Remember 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.

Am I normal?

YES!! When someone or something important to us dies it is one of the biggest and most painful things anyone can experience and it is completely normal to need a bit of help. All grief feelings are normal. Grieving is healthy and the more you can share your feelings the easier it will become.

Coping with grief and loss on big occasions

Grief can be particularly strong during big occasions - such as birthdays, or holidays like Eid and Christmas. Being around lots of friends and family can make you think about the people who aren't there, bringing strong feelings of grief and loss to your mind.

On occasions like these, it's important to remember to look after yourself. If you feel like things are getting to much, it's okay to give yourself time away from others. Having the space to miss your loved one on these days is important and natural.

Everyone grieves differently, so it's important to try and be sensitive to the needs of your friends and family as well as your own.

You might find it helpful to plan ahead for these big events, and think about what to do if you start to feel overwhelmed. For example, telling someone you trust about your feelings might help, or taking breaks and finding quiet spaces during these events.

Tips and advice for expressing your grief

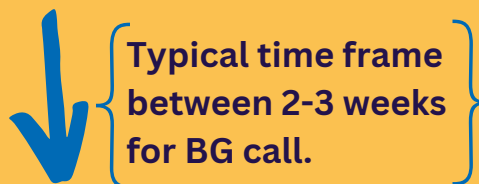
You might find it helpful to express your grief in different ways, especially if talking about it is too hard. Here are some other things you can do to communicate these feelings:

- 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 picture and items which remind you of good times you had with the person you have lost.

Self referral

Please refer to the Star Bereavement website to make a referral through the support tab:
<https://starbereavement.org.uk>

Automatic Star Bereavement confirmation text after referral



Text from Star Team offering background call, email or texts



Arrange Background call - Practitioner will discuss support options.



Young person allocated to:

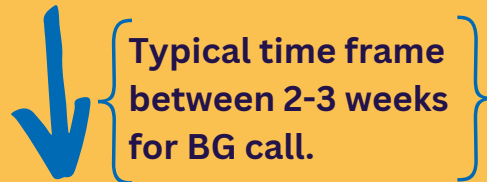
- 1:1 support - up to 4 months wait
- Therapeutic groups - up to 2 months wait
- Peer support - Groups are every other month

Self referral parent/carer

Please refer to the Star Bereavement website to
make a referral through the support tab:

<https://starbereavement.org.uk>

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STOP - a useful assessment tool

A useful guide to help a young person assess the current situation and move forward slowly and safely in a way that works for them.

Stop - Step away

Don't rush in, pause, and take some time, don't act too soon.

Time - Take time to breathe

Breathe in for a count of 4, hold for a count of 4 then breathe out for a count of 4, pause for a count of 4, then repeat.

Observe - Take your time

What are you thinking about? How do you feel? Is this fact or opinion?

Accurate or inaccurate? Helpful or unhelpful?

Grief can be overwhelming. Give yourself time to process your feelings and adjust to what has happened and how this makes you feel.

Perspective - Understand what's happening

Give yourself space to observe yourself as if you are outside, looking in or as a 'fly on the wall'.

Ask yourself 'what would someone else make of this situation and what would they do?' and think about what advice you would give to someone in that situation?

Ask yourself, how important is this right now and will it still be important in 6 months?

With a little perspective you can choose what is best for you and find the most helpful solution for the situation and move forward in a way that works for you.



Things that I'm finding difficult since the death of my

.....

Sleep

Diet - not feeling hungry or comfort eating

Leaving my parents/caregivers

The future

Concentration

School work

Memories

Worrying that someone else I love could die

Friendships

Thinking about

Not interested in doing things I used to like

Feeling guilty

Confusion about the death of

Not wanting to live anymore

Intrusive thoughts

Feeling lonely

Self harm

STAR

Giving hope through grief.

'GROWING AROUND GRIEF'

(LOIS TONKIN, 1996)

WHATSYOURGRIEF.COM

PEOPLE
THINK THAT
GRIEF

SLOWLY
GETS
SMALLER

WITH

TIME

IN
REALITY,
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THE
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GRIEF IS LIKE BUTTER, HEAVY AND SOLID
UNTIL IT EVENTUALLY GETS FOLDED IN.



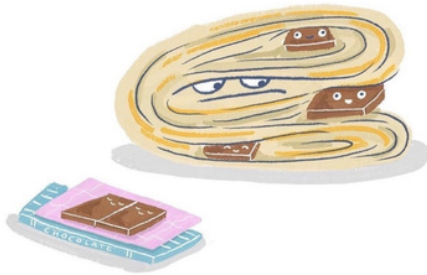
♪@kimtsbooks

IT'S STILL THERE, INTEGRATED IN AND
PERHAPS A LITTLE LESS INTENSE, BUT
FOREVER FLAVORING OUR EXPERIENCES.



♪@kimtsbooks

EVENTUALLY THERE MIGHT BE SOMETHING
SWEET AND LOVELY FOLDED INTO LIFE TOO.



♪@kimtsbooks

THAT GRIEF BUTTER REMAINS, THOUGH,
SOMETIMES HITTING US IN
UNEXPECTED AND POWERFUL WAYS.



♪@kimtsbooks

WE TASTE IT ALL. AND GRAPPLE
WITH ITS COMPLEXITY.



♪@kimtsbooks

BUT HOLDING BOTH AT THE SAME
TIME - THE HEAVY AND THE LOVELY -



IS PRECISELY WHAT MAKES LIFE
SO FULL AND BEAUTIFUL.

♪@kimtsbooks



Self Care Guide



Self care is an important part of maintaining good mental health. It can't replace getting help from friends or family, but we need to check in with ourselves every so often, in the same way that a computer or a car needs maintenance. Self care can be a good way to manage your grief.

You might feel as though you don't need to practice self care, or that you don't have the time, but taking time for yourself is even more important when you're busy with other things, and if you are able to look after your own needs, other areas of your life will feel more manageable.

What does self care look like?

Judging by what we see in adverts or on social, we might think self care is all about candles, yoga and luxury bath bombs. We might think it costs a lot of money or takes a lot of time. And we might feel like it isn't for us. But is that really all there is to it?

Self care doesn't have to be a big event - you don't need a whole evening with scented candles and relaxing music to practise self care. It can be as simple as asking yourself if there is anything you need to do to look after yourself or your mental health. If you're struggling to check in with yourself or find that you don't have the time, try setting a calendar reminder on your phone. This can help you make time in your day to practise self care.

Self care can be anything you think would work for you - whether that's journalling, taking a bath, going for a walk or enjoying a nice home cooked meal, conscious efforts to take care of yourself are important for your mental health.



Helplines, Websites & Contacts

Emergency 999

If you have hurt yourself or you're concerned about someone else, call the police or ambulance service. Explain your concerns and allow the handler to provide the most appropriate response.

Star Bereavement

Further information at:

<https://starbereavement.org.uk/>

Email: info@starwakefield.org.uk

Samaritans

Free Call [116 123](tel:116123)

Email: Jo@samaritans.org

Samaritans offer free emotional support, 24/7 to anyone in distress, despair, emotional crisis or having thoughts of suicide.

Social Care Direct

0345 850 3503 For any safeguarding concerns about an adult or a child.

Turning Point

Talking Therapies

[01924 234860](tel:01924234860)

Email: wakefield.talking@turning-point.co.uk

Support for mental health issues, online support, group support and wellbeing workshops. Can self-refer from 16 years +.

Andy's Man Club

Weekly support meetings for men to talk.

www.andysmanclub.co.uk

The Mix

0808 808 4994 or Text THEMIX to 85258

Support for Under 25's available 24/7

We are here to help you take on any challenge you're facing. Talk to us via our online community, on social through our free, confidential helpline or our counselling service.

WF I can

(Wf-I-can.co.uk)

Wakefield online chat for young people up to the age of 25.

CAMHS

Monday to Friday, 9:00am – 5:00pm

Wakefield CAMHS SPA team: 01977 735865.

Monday to Sunday, 9:00am – 8:00pm

For urgent support that cannot wait until the next day, you can contact the CAMHS ReACH team on: 01977 735865.

Sue Ryder

<https://www.sueryder.org/> Online Bereavement Support. Help line 0808 164 4572

Leeds suicide

bereavement service

(Open Monday – Thursday 9am – 5pm, and
Friday 9am – 4:30pm) - Helpline 0113 305 5800
[https://www.leedsmind.org.uk/suicide-
bereavement-services-west-yorkshire/](https://www.leedsmind.org.uk/suicide-bereavement-services-west-yorkshire/)

Young Minds

(www.youngminds.org.uk
Young Minds are a mental health charity for children, young people, and their parents, making sure all young people can get the mental health support they need. Hopeline UK 0800 068 4141

Papyrus

www.papyrus-uk.org
HOPELINE UK is a confidential support and advice service for: Children and Young People under the age of 35 who are experiencing thoughts of suicide.

Child Bereavement

UK

www.childbereavementuk.org
Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Winston's Wish

(Helpline 08088 020 021

The charity offers a wide range of practical support and guidance to bereaved children, their families and professionals.

www.winstonswish.org

Childline

([0800 11 11](tel:08001111)

www.childline.org.uk

Counselling service for children and young people up to the age of 19.

Night Owls

A confidential support line for children, young people, their parents, and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield.

Call us on 0800 1488244

Text us on: 07984 392700

Chat on online through our website

www.wynightowls.org.uk

Grief Encounter/Grief

Talk

[Grief helpline 0808 802 0111](tel:08088020111) 9am – 9pm weekdays.

[grieffalk helpline - Grief Encounter](#) - Support for bereaved children and young people

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