

Bereavement Support

The following information has been prepared by the College Counsellors to support pupils during a time of temporary school closure due to the coronavirus.

Please contact your child's Tutor so our Pastoral Team and the College Chaplaincy can support your family.

Useful advice

Some advice for the here & now that I would perhaps say to one of my clients is to go with however they are feeling almost imagine it like a wave .. There is a cycle of grief and everyone deals with it differently and in their own time, I would recommend keeping the dialogue open about the person who has passed away and allow time to grieve it is ok and normal to feel sad. Some find it helpful to;

- Write a letter to the person you have lost telling them all the things you want to say to them
- Keep a diary or journal of how you feel
- Create a memory box or jar full of pictures and items which remind you of good times you had with the person you have lost

Useful links/advice:

<https://www.childbereavementuk.org/coronavirus-supporting-children>

<https://www.winstonswish.org/coronavirus/>

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies/>

Books that parents can purchase/download:

<https://www.childbereavementuk.org/resources-for-children-and-young-people>

Bereavement resources:

https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/11/Bereavement4_web.jpg?utm_source=HK+on+CD+blog&utm_medium=Blog+links&utm_campaign=HK+Childhood+Bereavement

https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/11/Making-a-Memory-Box-HappifulKids-Comics.jpg?utm_source=HK%20on%20CD%20blog&utm_medium=Blog%20links&utm_campaign=HK%20Childhood%20Bereavement

https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/11/Making-a-Memory-Box-Guide-for-Kids-CounsellingDirectory-and-HappifulKids-.pdf?utm_source=HK+on+CD+blog&utm_medium=Blog+links&utm_campaign=HK+Childhood+Bereavement