Coping with Bereavement and Loss

A Student Guide to Getting Support

Losing someone important can be one of the hardest experiences you face. Everyone grieves differently. You may feel sad, angry, numb, confused, worried, guilty, or even relieved. These feelings are normal, and there is no "right way" to grieve.

Remember

- It is okay to talk about the person who has died.
- It is okay to cry,or not cry.
- It is okay to have good days and bad days.
- It is okay to ask for help.
- You do not have to cope on your own.

Things That May Help

✅ Talk to someone you trust, such as a parent, carer, friend, teacher, tutor, school nurse, or counsellor.

✅ Keep a journal, memory book, or write letters to the person you have lost.

✅ Maintain a routine where possible, including sleep, meals, and exercise.

✅ Spend time with supportive friends and family.

✅ Be patient with yourself. Grief takes time.

Where to Find Support

Child Bereavement UK
Support, information, and guidance for children, young people, and families experiencing bereavement.
Helpline: 0800 02 888 40
Website: https://www.childbereavementuk.org/contact-us

Guy's Gift
Guy's Gift provides bereavement support for children, young people and their families across Coventry and Warwickshire.
Helpline: 0845 467 3035
Website: info@guysgift.co.uk

Cruse Bereavement Support
Bereavement support and advice for people of all ages.
Helpline: 0808 808 1677
Website: http://www.cruse.org.uk/about-cruse/contact-us

Mind
Information, advice, and self-care guidance to support your mental health during bereavement.
Infoline: 0300 123 3393
Website: https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/

NHS
Advice about grief, bereavement, and coping with loss.
Website: https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/

The Childhood Bereavement Network
Information about specialist bereavement services for children and young people.
Website: https://childhoodbereavementnetwork.org.uk/

Childline
A free, confidential service for children and young people who want to talk about anything that is worrying them.
Helpline: 0800 1111
Website: www.childline.org.uk

Samaritans
Confidential emotional support 24 hours a day, 365 days a year.
Helpline: 116 123
Website: www.samaritans.org

When You Need Urgent Help

If you feel unsafe, think you may harm yourself, or are worried about someone else, tell a trusted adult immediately.

You can also contact:

- **999** in an emergency
- **NHS 111** for urgent medical help

You Are Not Alone

Grief can feel overwhelming, but support is available. Talking to someone is a sign of strength, and there are people who want to help you through this difficult time. ❤️