

Bereavement Support and Resources

Everyone has a different experience of bereavement and loss. There are no rules about what we should feel, and for how long.

There are lots of online resources and information to help you in your time of grief. While the school is closed, we hope that the websites below may help you to make sense of what has happened. There is information on grief and feelings, as well as stories from other young people who have been bereaved.

The suggestions below are suitable for young people who may find accessing online support easier than talking about their loss.

Here are some of the best websites recommended by school

For young people and their families

Grief Encounter – www.griefencounter.org.uk a child bereavement charity. We support children & their families to help alleviate the pain caused by the death of someone close.

Catholic Children's Society – <http://www.cathchild.org.uk> – provides family counselling and first response counselling

CRUSE - www.hopeagain.org.uk – a safe and moderated website run by CRUSE Bereavement Care

Winston's Wish – www.winstonswish.org.uk – a useful website offering practical ideas for helping those bereaved in the family and school community

Child Bereavement – www.childbereavement.org.uk – a bereavement support service for those who have suffered a loss

For more practical advice

What to do when someone dies

<https://www.cruse.org.uk/get-help/about-grief/what-to-do-after-someone-dies>

www.ageuk.org.uk/information-advice/money-legal/legal-issues/what-to-do-when-someone-dies

Support at school

Please remember, we are still here for you as well. If you would like a specific member of staff to contact you, for example a mentor or member of the Inclusion team, you can request a call back by emailing the school office: office@stpauls.greenwich.sch.uk