

Bereavement

Bereavement is the experience of losing someone close to us, or that we love. This could be a friend, family member, a pet, or anyone else. Some people may also talk about experiencing “grief” or “loss”, and people may use different words such as “death” or “passing away”.

“Grief” refers to the range of emotions we might go through after someone’s death or experiencing a bereavement. Lots of feelings are completely normal to experience, such as:

- sadness
- anger
- anxiety
- shock
- tiredness
- numbness
- loneliness
- emptiness
- confusion



While these feelings aren’t nice or good ones to feel, they are a part of the process. Some people may talk about “stages of grief” (pictured above), but grief is a completely unique and personal experience - there is no right or wrong way to feel. Grief should slowly get easier or better over time, but for some people this may take longer than others. If things do not start feeling better within 6 months of the loss, additional support may be helpful (some options below).

Some additional symptoms of grief may include:

- Disturbed sleep
- Changes in eating habits (more or less)
- Nausea
- Chest pain
- Headaches
- Behavioural changes
- Weakened immune system

Top tip

Some people may find talking helps them process and work through grief, but this won’t be the case for everyone. Some other ideas to support someone through a bereavement are:

- Creating a “memory box” with photos, items of clothing, or keepsakes
- Having a place to go to remember someone and pay respects
- Writing a goodbye letter/letters
- Maintaining routines and some sense of normality
- Planting a tree or flowers in memory

Need additional support?

- Counselling in school (counsellors@abbeyfieldschool.org.uk)
- External counselling (Lowdown or via NHS bereavement service)

<https://thelowdown.info/>

www.northamptongeneral.nhs.uk/services/our-non-clinical-services-and-departments/bereavement-service.aspx

- Online information and support:

www.hopeagain.org.uk/

www.papyrus-uk.org/bereavement/

www.youngminds.org.uk/young-person/my-feelings/grief-and-loss/

- Local charities & organisations:

www.seddonlegacyproject.co.uk/

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