

Supporting Bereaved Young People Remotely During the COVID-19 Pandemic

The recent pandemic has shown that there needs to be an alternative way of supporting bereaved young people to ensure that they can still access support from the school community when they are not in school.

Ways to support bereaved young people remotely

- Keep in touch – e.g. via video calls, telephone calls, email
- Listen and reassure
- Discuss how they can maintain a routine whilst not in school
- Produce an electronic book of condolences
- Talk to the young person about keeping in touch with friends and family
- Look at how they can share memories through photos, stories or poems etc electronically and who they may want to share them with
- Talk about writing a journal
- Talk about making sure they look after themselves

Resources

- Grief Support for Young People app – Child Bereavement UK – The app has been created by young people who have been bereaved for 11-25 year olds who have been bereaved.
<https://www.childbereavementuk.org/get-support>
- Childhood Bereavement Network - They have produced cards to help young people get the support they need. They include ideas to help the young person in their grief, ideas to give to parents/carers, ideas for friends to support remotely and how ideas to help schools and teachers provide support. They can all be downloaded from
<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx>
- YoungMinds website - Has information on grief as well as real stories from people who have grieved. It also includes ideas on how young people can communicate how they are feeling
<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

- Grief Encounter website - Provides support to bereaved young people. There is a focus on the loss of a family member but has some useful information
<https://www.griefencounter.org.uk/young-people/>
- Hope again – Cruse Bereavement – The website is aimed at young people and contains videos and stories from young people who have been bereaved
<https://www.hopeagain.org.uk/>