



CSC Bereavement Guide

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss.

The death of a parent, sibling or other loved one is a devastating experience for any young person and often adults don't know what to say or how to support them, especially if they are a teenager. Teenage years are a challenging time, full of hormonal changes, working out who you are, building independence, testing boundaries and taking risks. Even without the death of someone important. So when a teenager experiences the death of someone close to them, their emotions and ability to cope can feel so much more difficult and intensified for the young person and those supporting them.

Many people find they feel a mixture of the following:

- sadness
- shock, particularly if the death was unexpected
- relief, if the death followed a long period of illness
- guilt and regret
- anger

- anxiety
- despair and helplessness
- depression

Talking about your grief is an important part of getting through a bereavement. Choosing who to talk to about your feelings is a very personal decision. Sometimes the most unlikely person can actually offer the most support.

If you've lost a family member, someone else in your family may also be good to open up to because they're likely to understand how you're feeling.

A close friend can be a good listener and a source of comfort and support, even if they haven't gone through this themselves.

There are lots of other sources of advice and support available, including:

- websites and blogs – such as [Hope Again](#), a website for young people going through a bereavement, where you can find information, read other people's experiences and add your own; and the [Winston's Wish](#), [Child Bereavement UK](#) and [Health for Teens](#) websites, which also offer information and advice
- helplines – such as the [Cruse Bereavement](#) helpline on 0808 808 1677
- [your GP](#) – especially if you're concerned you're not coping, might be depressed, have trouble eating or sleeping, are thinking about hurting yourself, or you're not starting to feel better after a few months: they may suggest you have [counselling](#)
- a teacher or tutor – you may be distracted or find it hard to concentrate at school or college for a while, so talking to a teacher

you feel comfortable with can help them understand what you're going through and take a bit of pressure off you; special circumstances, such as bereavement, can sometimes be taken into account if you're having trouble with coursework or exams

Whoever you have lost, you need time and space to grieve and come to terms with their death.

The Welfare and Safeguarding Team at CSC are here to support should you wish.

We can be contacted on: welfare@crawlerysc.co.uk

CSC can also make a referral to Jigsaw South East who support children through the loss of a loved one:

<https://www.jigsawsoutheast.org.uk/make-a-referral/>

Swim England
Pavilion 3, SportPark, 3 Oakwood Drive,
Loughborough University, Leicestershire, LE11 3QF



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