



BEREAVEMENT FIRST AID

How to help when a young person is faced with a bereavement

TAKE A BREATH

Take a moment and check in with yourself first. Remember, you know the young person or family well, trust your instincts. The worst thing has happened, do what you can when you can.

WHAT'S IMPORTANT NOW?

Acknowledge the news and validate the young person's feelings. Let them know you understand what the young person or family is going through right now. For now, focus on the real and current needs of the young person and what they want. Is it a hug? a hot drink with a key adult?

Be guided by them and make sure your support feels right for them. It is ok to ask them.

DON'T ASSUME

Don't second guess or expect how the young person or their family might be feeling. Remember that what you expect is your own interpretations. Check in with them, ask them how they feel.

KNOW YOUR LIMITS

There is more than one way to help the young person. Do the things you feel most comfortable with, and seek support with the things that you don't feel confident with. It's ok to need support too.

Perhaps consider, Who is the best person to support the child? Who knows them well? It might not be you, and that's ok.

USE CLEAR STRAIGHT FORWARD LANGUAGE

"I'm really sorry to hear that your.....has died" "How are you feeling....."

Avoid any comparisons with other situations, every child's grief is unique. If you are unable to answer questions, feel able to say you're unsure and commit to providing an answer at a later date.

REMEMBER, THERE'S NO QUICK FIX

There is no quick fix for grief or bereavement, don't try or expect to make things better in a short space of time, be patient, be consistent, be available.

LOOK AFTER YOURSELF

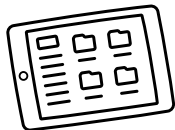
Check in with others who have been supporting the young person. Colleague support is crucial in difficult moments. Come together to plan for the next few days or moments.

Find our contact information on the back of this quick tips guide.

Helpline: 08088 020 021
winstonswish.org

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If you are struggling to know what to do next or would like a bit of advice or support reach out to one of our bereavement practitioners.



WEBSITES

You will find a wealth of information and help on our websites, including support and advice following specific types of death, free training for professionals and further information about our services.

winstonswish.org and talkgrief.org

FREEPHONE HELPLINE

Immediate support and advice for young people, parents, carers and professionals, as well as access to our more in-depth, ongoing services.

08088 020 021

Monday – Friday. *Please visit the website for current opening hours.*



EMAIL SUPPORT

Anyone can email us seeking advice or to ask a question on ask@winstonswish.org and we will get back to you within 48 hours.

LIVE CHAT

Anonymous online one-to-one bereavement support for children, young people and those who care for them.

Monday – Friday, 3 - 8pm. *Please visit the website for current opening hours.*

INDIVIDUAL AND GROUP SUPPORT

Our Bereavement Support Practitioners provide bespoke individual and family support, as well as opportunities to connect with other parents and children who have faced similar experiences.

CRISIS MESSENGER

Free and confidential support in a crisis 24 hours a day.

Text **WW** to **85258**

PUBLICATIONS & RESOURCES

A range of specialist publications and other helpful resources for professionals, children and parents are available at shop.winstonswish.org

TRAINING

Bereavement training and consultancy for professionals to help ensure that children under their care get the support they need. winstonswish.org/training

You can also find lots of useful information and guidance on our website. Scan the QR code to head directly to the school support page.



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