Child Bereavement UK
REBUILDING LIVES TOGETHER

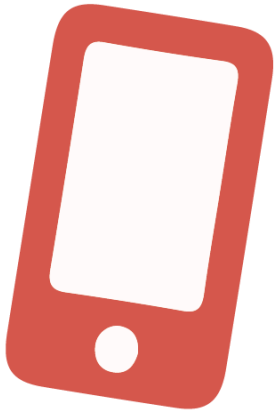
Grief and mental health

Tracey Boseley

Head of Education Sector Support

Child Bereavement UK
REBUILDING LIVES TOGETHER

Our helpline team provides confidential support, information and guidance to families and professionals. We're here to respond to your call, Live Chat or email from 9 am - 5 pm Monday to Friday.



Call our Helpline **0800 02 888 40**

Live chat childbereavementuk.org

Email support@childbereavementuk.org

Live Chat

Child Bereavement UK
REBUILDING LIVES TOGETHER

Our vision is for all families to have the support they need to rebuild their lives, when a child grieves or when a child dies.

What do you think?

- go to menti.com
- use code 4140 3001
- add your response

Join at menti.com | use code 4140 3001

Mentimeter

Do you agree or disagree?

Strongly disagree

Grief can affect mental health

Strongly agree

Child Bereavement UK
REBUILDING LIVES TOGETHER

menti.com 4140 3001

Unresolved grief

- Emotional/mental health issues
- Academic under achievement
- Substance use
- Prison population
- Suicide
- Teenage pregnancy

1 in 29 pupils aged 5-16 years has been bereaved of a parent or sibling.

That is one child in every average class.

Childhood Bereavement Network

These are deaths of parents, grandparents, relatives, friends and school pupils.

Every year approximately 6000 people in the UK die by suicide.

Child Bereavement UK
ONS, NRS, NISRA

A parent with a child under 18 dies every 20 minutes in the UK.

Approximately 127 children are newly bereaved every day.

Childhood Bereavement Network

Child Bereavement UK
REBUILDING LIVES TOGETHER

"An estimated 15,600 UK children experienced the death of a parent from Covid-19-associated causes between March 2020 and November 2022"

Imperial College, London

UK commission on bereavement (October 2022)

Child Bereavement UK
REBUILDING LIVES TOGETHER

Join at menti.com | use code 4140 3001

Mentimeter

What is grief?

focus leader creative fast bold inspiration transpiration

Child Bereavement UK
REBUILDING LIVES TOGETHER

menti.com 4140 3001

Emotional rollercoaster

- Anger
- Fear
- Love
- Loneliness
- Envy
- Relief
- Guilt
- Tears
- Laughter

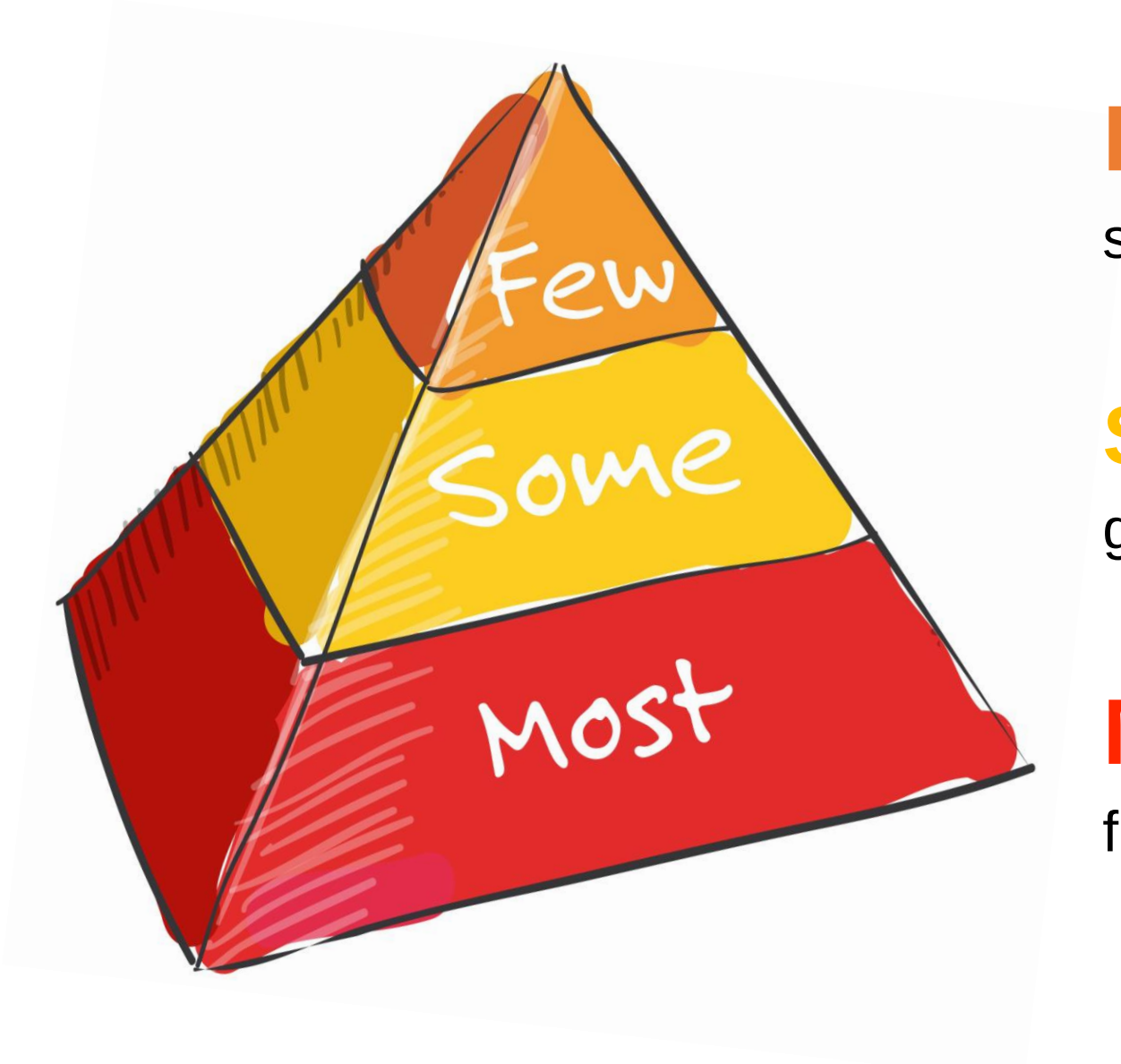
Why is everyone else OK?

What's wrong with me?

Why do I feel angry all the time?

Should I go out and have fun?

Am I the only one who feels sad?



Few: specialist bereavement support for vulnerable or traumatized

Some: 1-2-1, family, peer or group bereavement support

Most: A supportive response from existing networks

NICE Guidelines

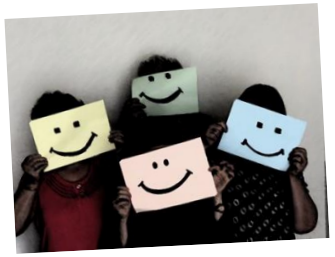
Normalising grief

- Grief and sadness
- Emotional pain
- Anxiety and stress
- Taking control
- Safe space
- Support
- Enduring nature of grief

"I worry that I will say or do the wrong thing."

What do young people tell us?

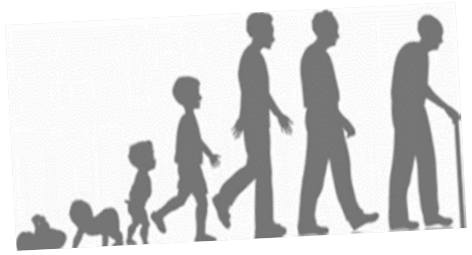
"Let me leave the room if I feel stressed or emotional."



"Ask me what I need; don't assume you know."

What do young people tell us?

"Don't expect me to 'get over it'!"



"Prepare me for potential 'triggers'."

How can Child Bereavement UK help?

- Resources
- Guidance
- Support
- Training
- Helpline
- Website

Call our Helpline **0800 02 888 40**

Live chat childbereavementuk.org

Email support@childbereavementuk.org
schools@childbereavementuk.org