

1st June 2020

This week's theme is **Coping with Loss and Grief**.

When things change in our lives, sometimes it can be very difficult to cope with. This is especially true when change has caused us to lose things we previously had. Coronavirus has caused all of us to experience loss of some sort. Even if we have been fortunate enough not to lose someone close to us, dealing with any kind of loss can be difficult. If you can't speak to someone you know or if doing so has not helped, try out some of our resources: <https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Children and Young People

*'What is loss, and how can it make us feel?'*

Loss can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as what others have lost. It's important not to feel guilty about this. *Have a look at [page 2](#) and [page 3](#) for guidance on coping with loss and grief.*

## Staff

*'How can I help my pupils when schools are closed?'*

This is a time of great uncertainty and potential anxiety for all of us, and for teachers and pupils the huge change in circumstances and the loss of daily contact can be very hard to manage. We have compiled links to support for teachers supporting pupils who may have lost someone close to them on [page 5](#).

## Parents

*'Coping with loss'*

Loss can vary in how extreme it feels, but it is completely normal to feel sad about losing all kinds of things, even if what you have lost is not the same as others. Go to [page 4](#) for more info and support.

Follow us on social media - @lancsmind  
Find more resources for Children and Young People, Adults and Parents on our website:  
[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)



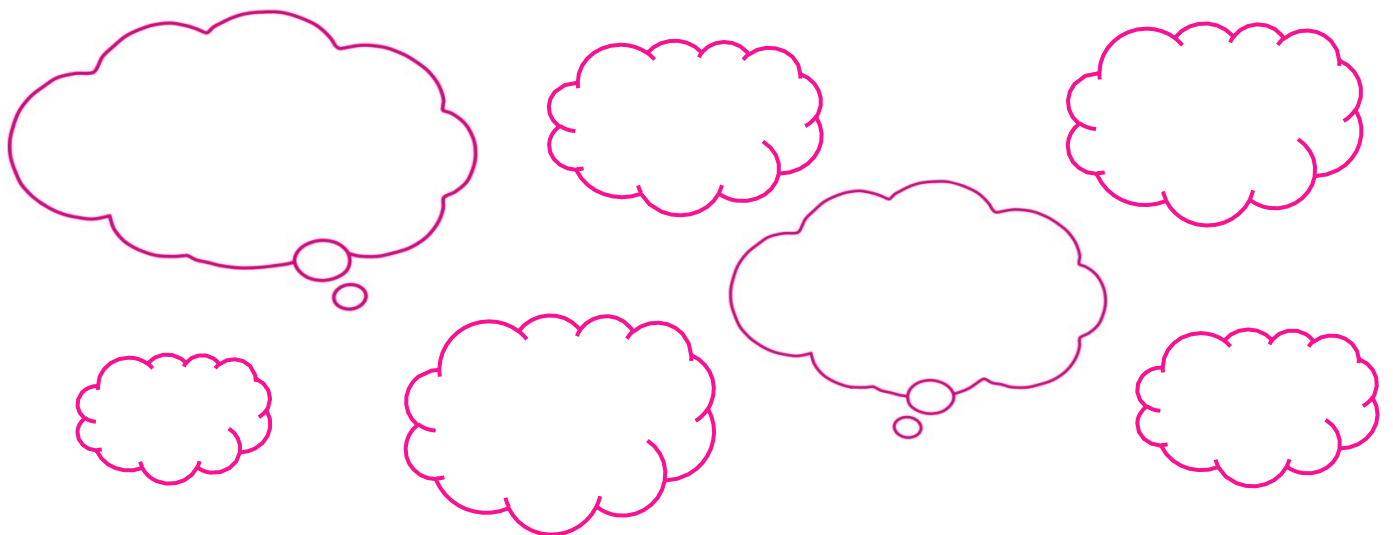
# Coping with Loss and Grief

A guide for young people during the Covid-19 lockdown.

Coronavirus has caused all of us to experience loss of some sort. This may include:

**Loss of routine    Social activities    Exams    School**  
**Time with extended family    Celebrations and ceremonies**  
**Milestones    Independence    Loss of loved ones**

Use the bubbles below to write down words that describe some of your feelings:



## Bereavement and grief

Whilst we are all feeling loss for lots of things right now, some of us may also have experience the death of someone important to us. The emotional process we go through after losing someone close to us is called grief. This can be very different for everyone but could include feelings of:

**Shock    Panic    Sadness    Depression    Anger    Fearful    Anxious**  
**Guilt    Relief    Numbness    Concerned    Abandoned**  
**Misunderstood    Worried**

It is important to remember that there is no right or wrong way to cope with losing someone.

## Supporting yourself

While coronavirus might have temporarily changed the way we look after ourselves, it is more important than ever that we still make the time to do so.

It can be difficult to find the energy but think about what makes you feel good and try to build it into your daily routine. Some key ways to support yourself right now are:

<u>Be patient with yourself</u>	<u>Seek support</u>	<u>Look after your wellbeing</u>
<ul style="list-style-type: none"> <li>• The situation that we are in is very unusual</li> <li>• Remember that it is ok to feel the way you are</li> <li>• Give yourself some time to get used to changes</li> </ul>	<ul style="list-style-type: none"> <li>• Keep talking to the people around you about how you are feeling</li> <li>• Ask a family member or friend to talk, or speak to a teacher if you need more support</li> </ul>	<ul style="list-style-type: none"> <li>• Make time to look after yourself!</li> <li>• Take a look at website for <a href="#">top tips and resources</a></li> <li>• For other self-care ideas, <a href="#">click here</a></li> </ul>

You may find some of the suggestions/tools that we shared useful but there is lots of other support and information available for young people who are grieving.



**The Good Grief Trust** has a useful page for young people who are grieving. It has videos and blogs where others have shared their experiences of grief, it has guidance on what might help in this time and advice on where you can if you need more support.



**Young Minds** shares ideas on how to communicate and work through your grief as well as advice on how to support a friend who has lost someone.



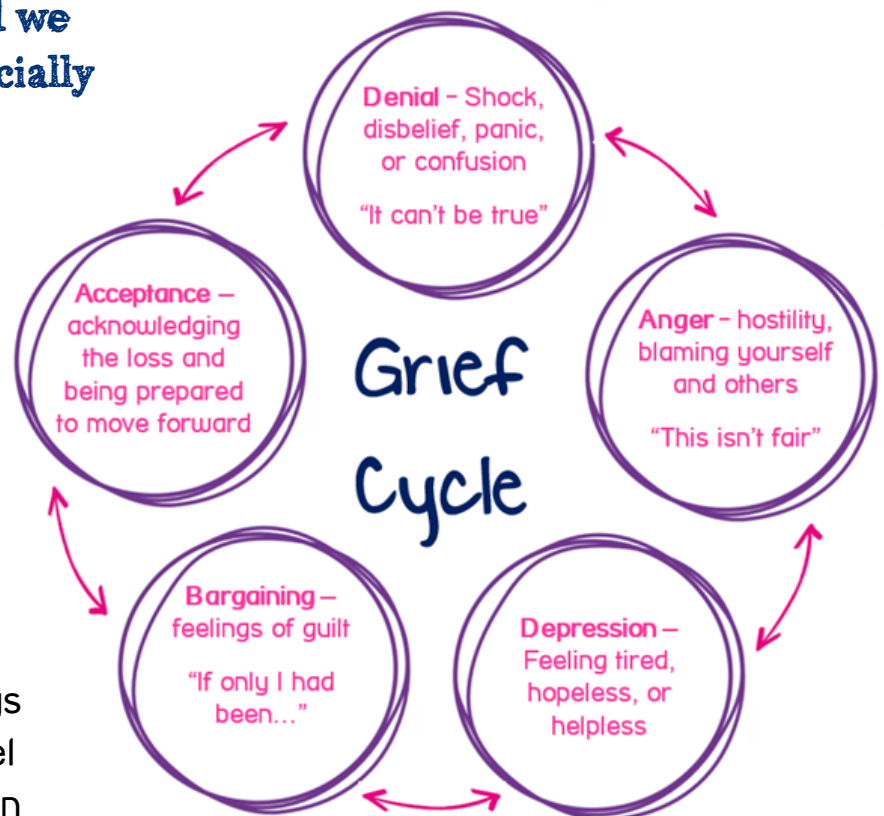
## Coping with Loss and Grief

While we are all feeling loss for lots of things right now, some of us may also have experienced bereavement after losing someone important to us. The process we go through following this is grief, which is characterised by a range of emotions experienced as we adjust to the loss.

**"The pain doesn't vanish and we shouldn't have to hide it, especially from those closest to us."**

While grief is completely individual and unique, the 'grief cycle' outlines some stages of grief that might be experienced. These do not always appear in the same order for everybody, and it's common for individuals to move backwards and forwards between stages.

During a time where so many things are different, bereavement may feel even more difficult to cope with than usual. Coping strategies may change, but it remains as important as ever to seek support from those around you.



[Click here for some ideas on how to support yourself.](#)

### Supporting others during this time

Reach out to your friends and family members to ask them how they're doing. While we may not be able to physically meet, the beauty of technology allows us to remain connected. You can refer to our guide on 'talking about mental health' for tips on starting a conversation.

[Here are six ways to help children cope with lockdown loss.](#)

## School staff

[How can I help bereaved pupils when the schools are closed?](#)

[Click here for guidance films and downloadable information sheets](#)

**"The best things that friends and family can do is simply listen. They often don't need to say anything, just being willing to listen to your problems makes you feel less alone and isolated"**

[Click here for some ideas on how to support yourself.](#)

Use the clickable links to access more specific information on loss and bereavement:





## Links to helpful information & resources

### General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

### Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

### Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

### Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.sc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

### Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

### Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribbles Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston 01772 647024	01772 773433	
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356