

# YOUNGMINDS

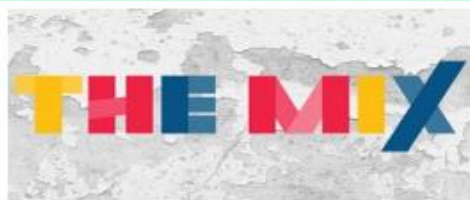
Provides free 24/7 support

Text: YM to 85258

Provides lots of information and advice



Provides lots of information, advice and young peoples stories



Provides free 24/7 support

Call for free  
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

## People

Safe relationships,  
Good people are you.

## Purpose

A purpose in life,  
A great education built for you.

## Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU

01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



Experienced the  
loss of  
someone?



## All about loss and grief

When you lose somebody that you know it can be a difficult time for you and others who also knew the person.

You may feel like there is a big gap in your life and you may be feeling lots of different emotions. This is all completely normal.

There are no rules about how you should feel, or for how long. Everybody feels and experiences grief differently.

You may find it difficult seeing others around you who are feeling lots of different emotions. This is okay.

### What might I feel?

You might feel:

- shock
- angry
- sad
- nothing
- panic
- fear
- worry

It is okay if you feel an emotion that is not listed here or if you feel all of them but at different times.

### What can I do to help myself?

There are lots of things you can try to do to help yourself.

- get a good night's sleep
- spend time with others
- eat well
- have a routine
- be kind to yourself

Some people find talking about what's happened to be helpful.

Other people talk/write to the person they have lost. Try letting out your emotions in a creative way by writing a letter/poem or drawing a picture.

When working through grief it is better not to do this alone, if possible. Instead, take support from family, carers, friends and school staff. You may be surprised how supportive and helpful people can be. If you are struggling with how you're feeling, it is also important to tell someone; they may be able to give you some tips or advice. We all experience this at some time.

### What other support is there?

Remember you are not alone. There is lots of support out there and people can help get things better for you again.

**Winston's Wish**  
the charity for bereaved children



Helpline, web chat, email support  
Text mermaids to 85258  
Lots of support and advice

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Childline are here to talk to you  
24/7

Chat online  
Call free