



Student Guidance: Bereavement Support

Losing someone important can bring lots of different feelings, and there is no single “right” way to grieve. This guide is here to help you understand what might be happening and where you can find support when things feel heavy.

Grief can change over time. Some days might feel manageable, while others feel harder, especially around memories, anniversaries or unexpected reminders. You might feel sad, angry, confused, tired or even numb. All of these reactions are normal, and it’s okay if your feelings don’t look the same as someone else’s.

Understanding grief

- Everyone experiences loss differently and feelings may come and go
- You might feel sadness, anger, confusion or nothing at all
- Grief does not follow a clear timeline

Healthy ways to express emotions

- Talk to someone you trust or write your thoughts down
- Use music, sport, art or movement to release strong feelings
- Give yourself permission to take breaks when things feel overwhelming

Supporting yourself on difficult days

- Plan small comforting routines when memories feel stronger
- Spend time with people who help you feel safe
- Remind yourself that tough moments will pass

When feelings feel heavier

- You might notice changes in sleep, focus or motivation
- Feeling overwhelmed does not mean you are doing grief “wrong”
- Let someone know if you feel stuck or things start to affect your day

Ask for help

If you're feeling overwhelmed and need to talk:

- Speak to your college pastoral team
- Visit [Kooth.com](https://www.kooth.com)
- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat