

What Next?

It is really important to tell us about your bereavement.

Please contact your child's Head of House.

Cairnpapple

Head of House: Dawn Fleming

Dechmont

Head of House: Kenny Dyson

Houston

Head of House: Bob Gray

The Head of House will then arrange for a Bereavement Support Volunteer to meet with your child to discuss what support, if any, is required.



www.barnardos.org.uk



www.cruse.org.uk/children



www.nhslothian.scot.nhs.uk

Just type 'bereavement' in the search box to access resources and information on the NHS website.



www.westlothian.gov.uk/bereavement-advice



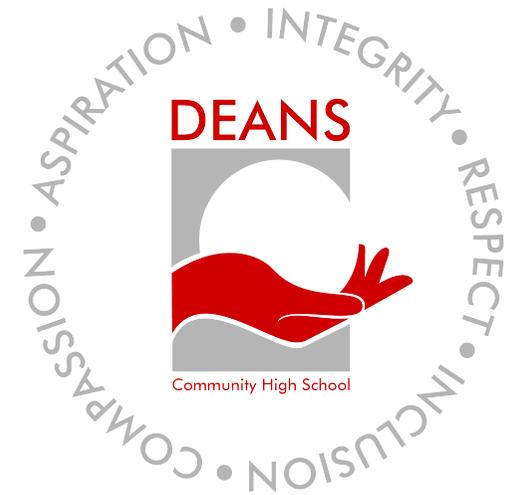
Email: wldeans-chs@westlothian.org.uk

West Lothian Council delivers



Eastwood Park
Livingston
EH54 8PS
Tel: 01506 282155

Dealing with Loss



We are committed to supporting students to grieve healthily so they can continue to be successful learners.

All students are entitled to bereavement support.

Information for parents and students dealing with loss

www.deanscommunityhighschool.com

West Lothian Council delivers

westlothian.gov.uk



Glossary/Vocabulary

Grief is the normal reaction we all go through when we experience loss. Grief is not a one off event it is a process that happens over time and can affect all aspects of our lives.

Loss - there are many ways to experience loss such as when parents divorce or separate, losing your health through illness, by an accident or moving house away from friends.

Bereavement is a loss through death like when someone important to us dies.

Trauma is the experience of feeling overwhelmed and having feelings that do not go away. This prevents healthy grieving. The effect of this is another kind of loss like a loss of feeling safe.

Trauma and grief are connected to each other and some of the symptoms you may experience are as follows:



Feelings

- ◆ Guilt for not being able to prevent what happened, or being less affected than others.
- ◆ Fear and anxiety of cracking up or that the same thing could happen again.
- ◆ Longing for everything to return to normal.
- ◆ Shame at not being able to cope or being emotional.
- ◆ Anger at the injustice or at people treating the event lightly.
- ◆ Feeling scared and vulnerable.
- ◆ Feeling self conscious of being abnormal.
- ◆ Re-experiencing earlier traumas or feelings of loss.
- ◆ Experiencing mood swings.

Behaviour

- ◆ Truancy, running away, taking bigger risks.
- ◆ Separation difficulties and safety fears.
- ◆ Decreased school performance.
- ◆ Seeking more attention than usual.
- ◆ Loss of interest in usual activities.

Physical

- ◆ Headaches, aches and pains.
- ◆ Tightness in chest, nausea (feeling sick).
- ◆ Tiredness and sleeping difficulties.
- ◆ Lump in throat, tearfulness.

Thinking

- ◆ Disturbing images pop into your mind.
- ◆ Difficulties with memory and concentration.
- ◆ Confused thinking about the event.
- ◆ Need to repeatedly go over details of the event or try to remove it