

National Grief Awareness Week

Information pack

National Grief Awareness Week takes place between 2nd-8th December 2022. The theme for this year is 'To open conversations and normalise grief'. Whether it's in school, at home, in the community or online, you can reach out, have conversations and support one another.

How to get involved

- Check in on your neighbours
- Stop for a chat with your mates
- Put the kettle on and have a catch up
- Go for a walk with family or friends



Grief Chat

The Good Grief Trust offers a live chat service with a specially trained bereavement Counsellor. This can provide emotional support, access to Counsellors and referrals into specialist bereavement services. [Click here to access.](#)

Information for pupils & families

Services

Grief Awareness Trust

For the newly bereaved here you will find practical help and tips for all.

Child Bereavement UK

Support groups for those struggling with a loss of a child.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

Websites

www.mind.org.uk

www.youngminds.org.uk

www.selfharm.co.uk

www.time-to-change.org.uk

www.warwickshire.gov.uk/sorted (For self help books)

www.papyrus-uk.org

www.youthaccess.org.uk

www.themix.org.uk

www.annafreud.org

www.rcpsych.ac.uk/mental-health/parents-and-young-people



Apps

SAM: Self-help for Anxiety Management Headspace



Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including emotional wellbeing, and can refer onwards to specialist services where required.



07505 331 525