



National Grief Awareness Week

2nd – 8th December 2024



National Grief Awareness Week is about bringing people together and raising awareness of support that is available to those that are grieving.

Bereavement (losing someone important to us) affects everyone in different ways, and it's possible to experience any range of emotions.

After a loss, people may feel all, some or none of these emotions:

- Sadness & depression
- Shock or disbelief
- Numbness & denial
- Panic & confusion
- Anger or hostility
- Feeling overwhelmed
- Relief
- Mixed feelings

There is no right or wrong way to feel following a loss. Some people may seek help immediately by showing their emotions and talking to people, others prefer to deal with things slowly, quietly or by themselves. Help and support is available at any time.

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

