

Change, loss & bereavement

What can you do to support children & young people dealing with change and loss?

Use this document to consider what support children, young people and their families may need in times of change and loss. Before using it consider:

- What is getting in the way of this child or young person's wellbeing?
- Do I have all the information I need to be able help?
- What can I do now to help?
- What can my agency do to help?
- What additional help, if any, may be needed from others?

TRAINING OPPORTUNITIES

RESOURCES & GUIDANCE

THRIVING

- Education Scotland - [Supporting Children & Young People through grief and loss](#)
- CLB Awareness Raising Training - check CPD calendar for dates
- [CYPMH](#) Training for School Staff

- [Highland Council Tragic Events Guidance](#)
- [Change, Loss & Bereavement Highland](#)
- Normalise change & loss in your setting, use our [booklist](#)

GETTING ADVICE

- CBUK - [Supporting a Bereaved Pupil](#)
- Mental Health Awareness*
- safeTALK*
- Bereavement Training and Consultancy from [Crocus Group](#)
- UK Trauma Council [Training](#)

- [Life Limiting Conditions, Palliative Care, Loss and Bereavement Pack](#)
- CBUK [Early Years](#), [Primary](#), [Secondary](#), [Further/Higher Education](#).
- [Mental Health & Suicide Prevention Framework](#)

GETTING HELP

- Seasons for Growth [C&YP](#) or [Parent](#) Programmes
- Applied Suicide Intervention Skills Training - [ASIST](#)*

- Re-visit the 5 Questions
- Hold Solution Focused Meeting if required
- Utilise Seasons trained staff where possible
- Option of a referral to [Crocus Group](#)

*Talk to your PMHW re accessing Mental Health Awareness, safeTALK and ASIST