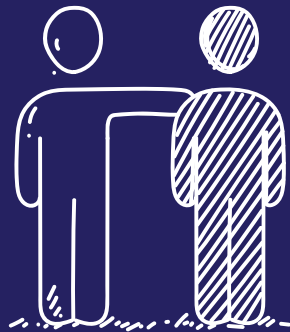




Emergency Response Initiative Consortium

Helpful conversations after news of a suicide



This leaflet is to help families after the news that a person in the school community has died suddenly and possibly by suicide.

PRODUCED BY EMERGENCY RESPONSE INITIATIVE CONSORTIUM (ERIC)
CO-ORDINATED BY JAMI
IN PARTNERSHIP WITH NORWOOD, CST, JBCE, GRIEF ENCOUNTER, PaJeS

Jami

For when mental illness and distress
makes everyday life a struggle

NORWOOD
Taking on life together

CST
PROTECTING OUR
JEWISH COMMUNITY

JBCE Jewish Bereavement
Counselling Service

**grief
encounter**
Supporting bereaved children & young people

PaJeS
Supporting Jewish Schools

Parents and carers

How are **you** feeling?



When a sudden death like this happens in our community or our circle, even if we were not friends or family of the person who died, we can be emotionally impacted by the event. Any death can bring up past bereavements for us.

We may have anxieties about what this death means to our child and how it will affect them. Being alongside uncertainty is difficult for all of us, especially after a sudden death.

If you can, reflect on your feelings and look after yourself, doing what you usually do to alleviate stress. Emotions are nature's way of helping us to digest what has happened. If you or your child can't articulate how you feel, don't worry. Emotions may become clearer later.

If you find yourself getting upset in front of your children, you can reassure them you are okay. Responding in this way is natural after receiving distressing news or experiencing an upsetting event.

Supporting your child



Young people can have many different big feelings at this time.

Shock, confusion, anger, fear, guilt, blame, hurt and sadness are some of the emotional reactions your child may experience.

Try and support them as best you can. You don't have to be a professional to listen and acknowledge what they are feeling. This is enough and it is all any parent or carer can do.

There is no right or wrong way to behave at this time. Try and be guided by your child and follow their lead. If they want to talk, listen. If they want to be quiet, remind them you are there for them. Try to keep to the family routine and perhaps get a few treats or favourite meals in.

Young people already struggling with their mental health or emotions may find this news affects them in many different ways. It is best to let any professionals they are working with know what has happened.

Curiosity, rumour, gossip



Social media

Social media has changed the way we receive and share news and connect with others. Be aware that posts can intrude on people's privacy and spread misinformation and gossip. This is unfortunately all too common after a sudden death. So please don't engage in online conversations that post rumours, and encourage your young people to also be kind and considerate online during this distressing time.

You and your children can grieve in your own ways and social media posts do not have to become a part of that process.

Tips for talking to your young person

- Listen to your child. They may not want to talk about what has happened, but the most important thing for them to know is that you are available.
- Remember their age and stage of development. Even if they sound grown up, they still need you.
- Encourage them to limit social media.
- Remind them that there is help in school. Ask them who they would go to if they wanted support for themselves or their friends.



For support

Grief Talk Helpline – supporting bereaved children and young people

0808 802 0111

bereavementsupport@griefencounter.org.uk

Norwood – provide psychotherapy services for young people and support families in their care
020 8457 4745

www.norwood.org.uk

kennedy.leighinfo@norwood.org.uk

JBCS – Jewish Bereavement Counselling Service

0208 951 3881

www.jbcs.org.uk

enquiries@jbcs.org.uk

Jami – Practical and emotional mental health support. For carers support, adult counselling and children and young people's mental health services, see our website for more information

020 8458 2223

www.jamiuk.org



Crisis support for young people

Childline

0800 1111 – open 24/7

SHOUT

24/7 text-based support

Text Jami to 85258

Papyrus HOPELINE247

0800 068 41 41

Text 88247

pat@papyrus-uk.org



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