

# 5 RESOURCES TO HELP YOU SUPPORT A BEREAVED YOUNG PERSON

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## Friends

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Bereaved young people will often turn to their friends for support. It's important that those friends are supported and feel they can do something to help. There are some brilliant resources, written by two young people who have experienced bereavement at:

[www.help2makesense.org/3-ways-to-support-a-grieving-friend](http://www.help2makesense.org/3-ways-to-support-a-grieving-friend)

## Understanding

2

Understand that we all have tricky brains. The following poster outlines the idea of a tricky brain. When supporting a bereaved young person, they will often get stuck in thought and feeling patterns, you can assure them that it is not their fault. We didn't design our brains. This can be a relief if someone is blaming themselves for how they feel.

## Winston's Wish

3

Winston's Wish have put together some wonderful training for people working with bereaved secondary school students. It takes about 20 minutes to complete and can be found here:

[www.winstonswish.org/schoolbereavement-courses](http://www.winstonswish.org/schoolbereavement-courses)

## Books

4

Books can be a great resource when supporting someone who has been bereaved. Winston's Wish have a book called "You just don't understand," which is aimed at people supporting young people.

## Compassion Training

5

When supporting a young person with their grief, compassion is a helpful motivation to have. Jeremiah's Journey have developed training to support those who are working with children and young people. You can find our training "How to show compassion to a bereaved child or young person" by contacting us at Jeremiah's Journey.

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# The Tricky Brain

## Flow of life

Like all living beings we just happen to find ourselves here, now, part of the flow of life.



## New brain capacity

Our brains have the capacity to imagine, have complex language, and be creative. But also the ability to ruminate and worry.



## Not your fault

So it is not our fault that our brains get caught up in anxious or depressive loops. The brain is a tricky thing. But we can take responsibility for it using wisdom and compassion.



## STEP 01



## STEP 02

**Human brain**  
And we have a brain we did not design, but which was developed through thousands of years of evolution.

## STEP 03



## Shaped

## STEP 04

We are shaped by the family we are born into, which we did not choose. Ask yourself this, "Would the same version of me exist if I was kidnapped by the mafia as a 3 day old baby?"

## STEP 05

