

How to get help

Speak to any member of staff or email your concerns to head@isleham.cambs.sch.uk

Other Support :

<https://www.cruse.org.uk/Cambridge>

Bereavement

What is bereavement?

Bereavement sometimes also referred to as grief, is a term used to describe the sense of loss felt when a loved one passes away. This sense of loss may contain a host of emotions, such as sadness, anger, guilt and/or frustration and anxiety, and the period immediately following the death is often referred to as the mourning period.

Coping with bereavement:

Coping with the loss of a loved one and the resulting mix of emotions can be overwhelming. Allowing yourself time to grieve and come to terms with your own feelings is imperative to finding peace. Most people find some support a source of comfort when they are bereaved, and seeking out caring friends and relatives, an organised support group or professional help may help you work through your emotions. They will likely also remind you that it is important to express your emotions rather than bottle them up inside, and help you remember that though you have suffered a loss, you are still alive and must live your own life.