



CSC Bereavement Guide

Support for grief and loss

Bereavement is the experience of losing someone important to us. It's characterised by grief — the process and range of emotions we go through as we gradually adjust to the loss. Whether that's a partner, family member, friend or pet, it can be emotionally devastating, and it's natural to go through a wide range of physical and emotional processes as you come to terms with it.

The death of a parent, sibling or other loved one is a devastating experience for any young person, and adults often aren't sure what to say or how to help — especially with a teenager. Teenage years already come with hormonal changes, working out who you are, and testing boundaries, even without loss. When a teenager experiences the death of someone close, their emotions and ability to cope can feel far more intense, for them and for the people supporting them.

Many people find they feel a mixture of the following

- Sadness
- Shock, particularly if the death was unexpected
- Relief, if the death followed a long period of illness
- Guilt and regret
- Anger
- Anxiety
- Despair and helplessness
- Depression

Talking about your grief is an important part of getting through a bereavement. Choosing who to talk to is a very personal decision — sometimes the most unlikely person can offer the most support. If you've lost a family member, another relative may understand how you're feeling too. A close friend can also be a good listener, even if they haven't been through this themselves.

A teacher or tutor you feel comfortable with can also help — you may find it harder to concentrate at school or college for a while, and special circumstances like bereavement can sometimes be taken into account with coursework or exams.

Whoever you've lost, you need time and space to grieve and come to terms with it. There's no fixed timeline, and no right or wrong way to feel.

Sources of Advice & Support

Cruse Bereavement Support

[0808 808 1677](tel:08088081677) (free) Mon, Wed, Thu, Fri: 9:30am–5pm · Tue: 1pm–8pm
[cruse.org.uk](https://www.cruse.org.uk)

Hope Again

A website for young people going through bereavement — read others' experiences and share your own
[hopeagain.org.uk](https://www.hopeagain.org.uk)

Winston's Wish

Information and advice for grieving children and young people
[winstonswish.org](https://www.winstonswish.org)

Child Bereavement UK

Support and information for young people and families
[childbereavementuk.org](https://www.childbereavementuk.org)

Your GP

Especially if you're concerned you're not coping, might be depressed, have trouble eating or sleeping, are thinking about hurting yourself, or aren't starting to feel better after a few months — they may suggest counselling.

The CSC Welfare Team Is Here for You

The Welfare and Safeguarding Team at CSC are here to support you, should you wish.

Club Welfare Team

welfare@crawlerysc.co.uk

Jigsaw South East

CSC can also make a referral to Jigsaw South East, who support children and young people through the loss of a loved one. Helpline: [01342 313895](tel:01342313895) (weekdays, 9:30am–12:30pm)

jigsawsoutheast.org.uk/make-a-referral

Crawley Swimming Club · Club Welfare Team: welfare@crawlerysc.co.uk