

Working together when things are hard is the best way

Look after yourself. Be kind to yourself.



Look after others



Talk to other people about how you are feeling



Listen to other people who want, or need to talk



Working together makes the hard goodbyes easier to deal with.

Contacts

Youth Enquiry Service (YES)

0800 7350010

Samaritans

01534 116123

In school you can talk to:

- Your headteacher
- Your class teacher or form tutor
- Your school based counsellor
- Your school council
- Your school ELSA

Childline

0800 1111

Critical Incident

Response Leaflet

Jersey Psychology and Wellbeing Service

Supporting each other in times of loss: information for students



Hearing about the situation

Every day is filled with Hellos and Goodbyes.



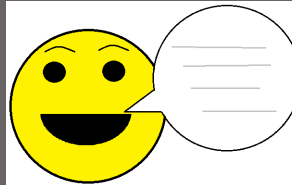
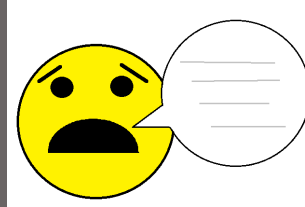
But some goodbyes can be really hard.



Sometimes people leave us, and we don't know why, and this can be hard to understand.

Talking about the situation

When we get upset about people leaving us It is important to talk about how those hard goodbyes make us feel.



Talking about our feelings really can help us to feel better.

Knowing **what** has happened can help sometimes.

But knowing **why** it happened is not always possible and we have to be okay that we won't always know everything we want to know.

It is important you find a trusted person to talk to in school and/or at home.



Helping each other

When people are upset they can get:

- Tearful
- Angry
- Feel lonely...



They may want to talk about things or be left alone.



That is okay

Remember these three things:

1. Be kind (to yourself and others)
2. Be thoughtful (to everyone)
3. Be there to talk when your friends are ready.

