

SUPPORTS AND RESOURCES FOR YOUNG PEOPLE, FAMILIES & STAFF EXPERIENCING BEREAVEMENT & LOSS

Armadale Academy

EDUCATIONAL PSYCHOLOGY SERVICES (ESP)

Our website offers information about dealing with grief and loss in general and during the current lockdown restrictions. A link to this information can be found here:

<https://www.westlothian.gov.uk/article/50765/Coronavirus-Helpful-Resources>

The EPS is also running a telephone support service for young people, parents/carers and school staff that will be available on Mondays, Wednesdays and Fridays from 9.30-12.30 during the summer. You can access this service by calling 01506 283130 and leaving a brief message with your name, number and reason for your call or by contacting our main email box to leave a message for us at: ed.psych@westlothian.gov.uk and an Educational Psychologist will call you back.

CHAPLAINCY TEAM

The Chaplaincy Team are available to support schools in a range of areas including Critical Incidents. In relation to Critical Incidents, the team can offer support to staff in schools following cases of bereavement. They may also offer support to individual or small groups of pupils as appropriate.

CHILDREN AND FAMILIES TEAM: SOCIAL POLICY

The Children and Families team within social policy provides a range of services to children young people and their families / carer. These services include statutory social work, residential and foster care, early years services, school base services, youth justice, domestic abuse and other services. Further information is available on the West Lothian CHCP web-site.

HEALTH SERVICES

The Community Health and Care Partnership (CHCP) can provide schools and parents with a series of leaflets designed to support those affected by bereavement. These can be accessed through the CHCP at St John's Hospital..

Websites, Helplines and Other Sources of Support:

CHOOSE LIFE



Choose Life is Scotland's National Strategy and action plan to prevent suicide. The web site offers practical advice and support for people who are concerned about and affected by suicide. Training is available for people who are interested in preventing suicide through the ASIST (Applied Suicide Intervention Skills Training) and Safetalk programmes. Details can be found on the web-site.

www.chooselife.net



HANDS ON

NHS web-site with advice and support for children on a number of mental health and wellbeing issues including bereavement..

HELP IS AT HAND

Help is at Hand is a resource for people bereaved by suicide.
<http://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>



STOP CYBER BULLYING

For more information on stopping cyber bullying including the role of pupils, parents and schools see above.
www.stopcyberbullying.org/take_action/take_a_stand_against_cyberbullying.html

PAPYRUS



Papyrus is a voluntary UK organisation committed to the prevention of young suicide. Helpline 0870 170 4000
www.papyrus-uk.org

WINSTONSWISH



Winstonswish works with children and young people who have suffered a bereavement. Helpline 0845 20 30 40 5
www.winstonswish.org.uk..

THE SAMARITANS

The Samaritans also offer a free helpline which is staffed 24 hours a day. Call free on any phone to 116 123 or email: jo@samaritans.org
www.samaritans.org.uk



CRUSE BEREAVEMENT CARE

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.
Helpline 0808 808 1677



You can also email helpline@cruse.org.uk.

The website is especially helpful for parents/carers/adults
<https://www.cruse.org.uk/>.

SURVIVORS OF BEREAVEMENT BY SUICIDE

Support for anyone bereaved by suicide.
Helpline 0870 241 3337
www.sobs.admin.care4free.net



THE COMPASSIONATE FRIENDS



The Compassionate Friends is an organisation of bereaved parents offering support to relatives, friend and professionals, after the death of a child.

BREATHING SPACE

A confidential phone line for anyone in Scotland feeling low, anxious or depressed.
www.breathingspace.scot



LIVING LIFE TO THE FULL



Resources for low mood and stress
www.livinglifetothefull.com.

STEPS FOR STRESS

Guide to stressing less and enjoying life more.
www.stepsforstress.org



ADDITIONAL SUPPORT FOR STAFF

Through time, some staff may request additional emotional support in relation to specific incidents. This can be accessed through the following routes:

Educational Institute of Scotland (EIS) and other relevant trade union organisations (members only)

West Lothian Council support Occupational Health Counselling service. This can be accessed through discussion with relevant line managers.

Education Support (www.educationsupport.org.uk) is a UK based charity which provides confidential mental health and wellbeing support for all education staff. They also offer a 24 hour helpline or text service:

UK-wide: 08000562561

Txt: 07909 341229 (answered within 24 hours)