

OTR

*LET'S TALK ABOUT*

*GRIEF*

# ***WELCOME TO THE OTR GUIDE TO... GRIEF***

Loss is something that we will all experience during our lives. So, why do we never talk about grief? The natural response to death, grief is a completely different experience for each person.

***THIS GUIDE WILL GIVE YOU SOME INFORMATION  
ABOUT GRIEF AND GIVE ADVICE ON HOW TO  
SUPPORT SOMEONE WHO IS GRIEVING.***

Nearly half (48%) of adults agree that topics around death should be covered as part of primary education.



## ***SO.. WHAT IS GRIEF?***

***GRIEF IS A PROCESS THAT WE, AS HUMANS, GO THROUGH WHEN WE HAVE LOST SOMEONE WE LOVE.***

***TYPICALLY ASSOCIATED WITH DEATH, GRIEF IS ALSO A NORMAL RESPONSE TO OTHER LOSSES, SUCH AS RELATIONSHIP BREAKDOWN.***

***THERE ARE NO RULES  
FOR HOW TO GRIEVE***

***NO HIERARCHY***

***NO TIMEFRAME***

***NOT AN ILLNESS***

***NOT A SIGN OF WEAKNESS***



### ***DID YOU KNOW??***

***111 children lose a parent each day,  
and a parent of a young person  
under 18 dies every 22 minutes in  
the UK.***



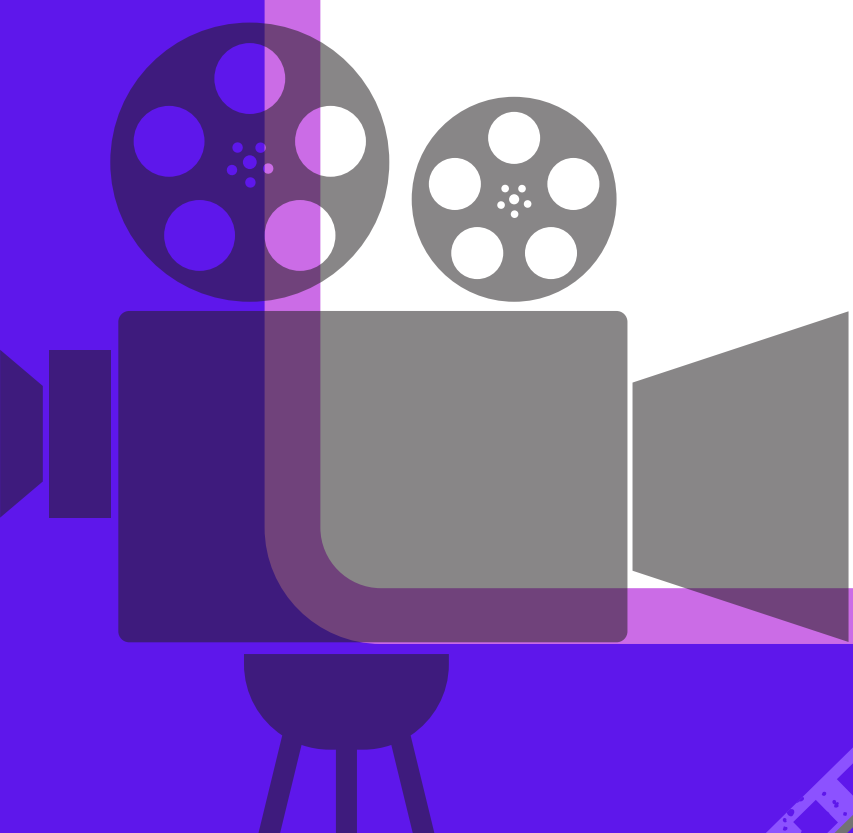
***WHAT DOES GRIEF LOOK LIKE TO YOU?***

***LET'S APPLY THIS TO MOVIES...***

***WHAT MOVIE CHARACTER'S DEATH STUCK OUT TO YOU?***

***HOW DID THEIR FAMILY OR FRIENDS REACT?***

How did they behave?



# ***WHAT MAKES A GOOD SUPPORT PERSON?***

***THINK OF SOMEONE WHO HAS SUPPORTED YOU IN THE PAST...***

## ***WHAT DID THEY SAY?***

How did their communication help you feel better?

## ***WHAT WERE THEY LIKE?***

What traits stuck out to you?

## ***HOW DID THEY ACT?***

What behaviour did they show?

***KNOWING WHAT MAKES A  
GOOD SUPPORT PERSON HELPS  
US TO IMPROVE THE WAY WE  
SUPPORT OUR FRIENDS AND  
FAMILY!***



## ***HOW DO I SUPPORT SOMEONE WHO IS GRIEVING?***

***THERE ARE MANY WAYS YOU CAN SUPPORT SOMEONE WHO IS ON THEIR GRIEVING JOURNEY....***

### ***LISTEN!***

Give them plenty of time and all your attention.

### ***NORMALISE!***

Make sure they know that their feelings are completely normal and okay.

### ***COMMUNICATE!***

Maintain conversation by paraphrasing, asking open questions and clarifying how they feel. Don't be afraid of a little silence - it's a good thing!

### ***EMPOWER!***

Tell them that they are allowed to grieve in whatever way they need to.

### ***SIGNPOST!***

Direct them towards extra support, but only if they feel they need it!







***REFLECTION:  
WHAT WILL YOU DO NEXT?***

***HOW WILL YOU SUPPORT A FRIEND WHO'S  
GRIEVING?***



***WANT MORE INFO?  
CHECK OUT THESE ORGANISATIONS...***

**WINSTON'S  
WISH WW**

Giving hope to grieving children



**Child  
Bereavement UK**  
REBUILDING LIVES TOGETHER

# THANKS FOR READING!

This zine was designed to give you tools to help you to become a good support person for someone who is grieving. Grief is a difficult topic, but we hope this resource gave you some useful tips.

This booklet was made by OTR Bristol, a mental health social movement for young people, aged 11-25, in Bristol and South Glos.

For more information on what we do, visit our website and Instagram page, or give us a call or email:



@otrbristol



otrbristol.org.uk



0808 808 9120



hello@otrbristol.org.uk

## ONE-TO-ONE



## GROUPS

