
**'AS HIGH TUNSTALL LEARNERS WE
INSPIRE ONE ANOTHER BY GETTING
INVOLVED, BEING IMAGINATIVE AND
ENJOYING CHALLENGES**

**AS HIGH TUNSTALL LEARNERS WE
SUPPORT ONE ANOTHER BY SHOWING
RESPECT, BEING POSITIVE AND
HAVING PRIDE IN OUR COMMUNITY**

**TOGETHER, AS HIGH TUNSTALL
LEARNERS WE CAN ACHIEVE**

**THE HIGH TUNSTALL LEARNER – EMBRACE
EVERY OPPORTUNITY'**



CONTACT US

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The High Tunstall guide to ...

BEREAVEMENT SUPPORT

WHY IS DEALING WITH A BEREAVEMENT IMPORTANT?



The loss of someone is always difficult to come to terms with in either the short term or longer term. If you have suffered a loss of a family member or friend during this time whether in relation to Covid-19 or not, please see attached a variety of resources for you and others to utilise to help at this time ...



WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

For more information please speak to your tutor, Year Leader of SSO. They can then refer you on the right route to wellness.

METHODS OF SUPPORT

HELPFUL WEBSITES

Alice House Hospice – Hartlepool Alice House hospice is a local registered charity available to provide additional bereavement support, should a child or young person appear 'stuck' in the grief process.



Winston's wish – <https://www.winstonswish.org/> Winston's wish is a registered charity providing additional advice online, during the current Coronavirus situation. Helpline – 08088 020 021 or text WW to 85258



HELPFUL APPS

Apart of Me: Who's it for? – Young people aged 11+. What's it about? – Players explore a magical world, completing quests and hearing real stories from other young people. Designed by a child psychologist, the game uses counselling techniques to help players come to terms with their feelings. How do I get it? – Free on the iOS App Store and Google Play



Child Bereavement UK: Who's it for? – For young people aged 11-25 who've been bereaved. It can also be used by parents, teachers and friends. What's it about? – The app was developed by a group of young people and charity Child Bereavement UK and has information about bereavement, coping with feelings, and finding support. How do I get it? – Free on the iOS App Store and Google Play.



TUNNY TOP TIPS

- Try talking about your feelings to a friend, family member, health professional or counsellor
- Try the ways (in brackets below) to feel happier, which are simple lifestyle changes to help you feel more in control and able to cope (keep healthy, avoid substances, get active, manage your stress levels, use breathing techniques, enjoy yourself, boost your self esteem, talk and share, sleep well and build u your resilience).
- Find out about how to get to sleep if you're struggling to sleep
- Consider peer support, where people use their experiences to help each other. Find out more about peer support on the Mind website • Listen to free mental wellbeing audio guides
- Search and download relaxation and mindfulness apps or online community apps from the NHS Apps library