

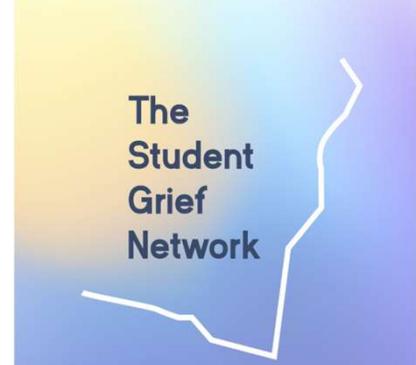


The Student Grief Network

Supporting
bereaved
students

Today's session

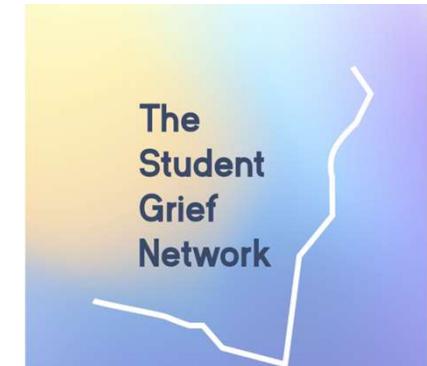
- Who am I and what is SGN?
- What is it like being a bereaved student?
- What does appropriate support look like?
- Questions and reflections



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How confident do you feel talking about bereavement and grief?

- With students?
- With colleagues?
- With friends and family?



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KAPLAN INTERNATIONAL

Who am I and what is SGN?

We soften the impact of bereavement in universities, through training, consultancy, workshops and events.



Grief considerations...

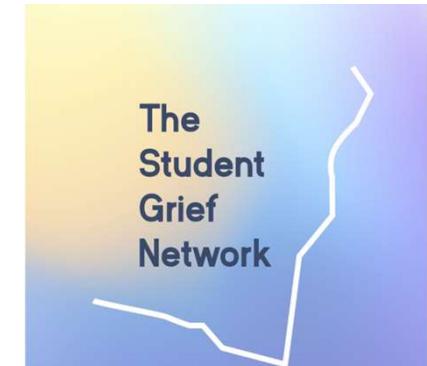
- Emotional
- Physical
- Practical
- Social
- Spiritual
- Behavioural



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What's it like being a bereaved student?

- Moving away from home
- Academic pressures
- Student lifestyle
- Lack of structure
- Transition to adulthood



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What does appropriate support look like?



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What does appropriate support look like?

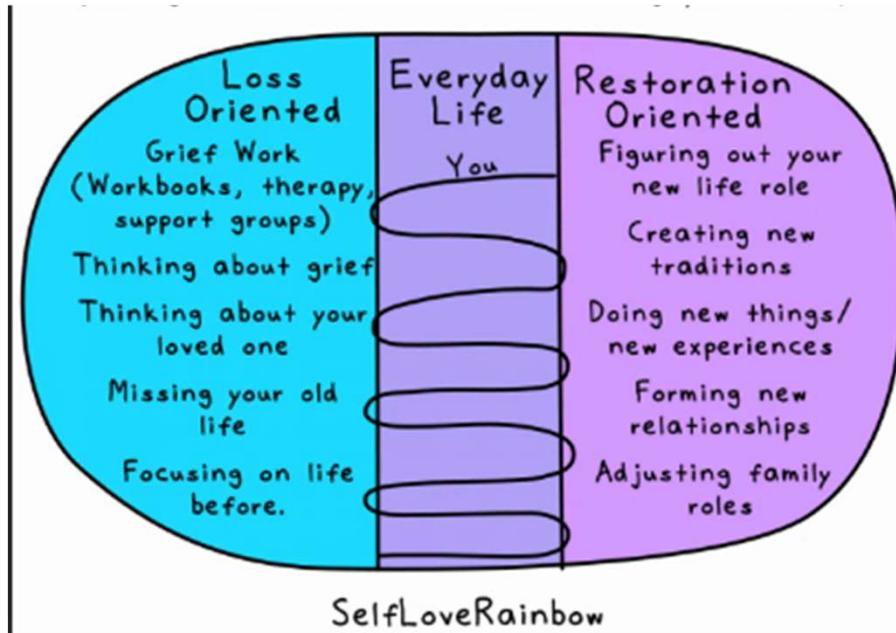
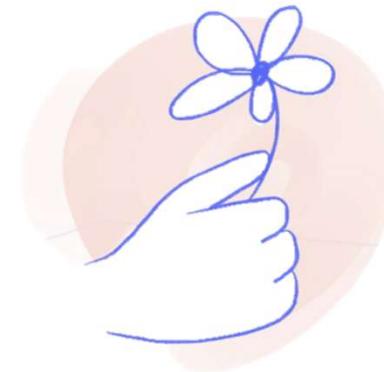


Image by Dominee Calderon, via the SelfLoveRainbow blog.
Model developed by Margaret Stroebe and Henk Schut.

What does appropriate support look like?

Small gestures to show we care



What does appropriate support look like?

Creating opportunities to talk
without forcing it



What does appropriate support look like?

Practical help and support



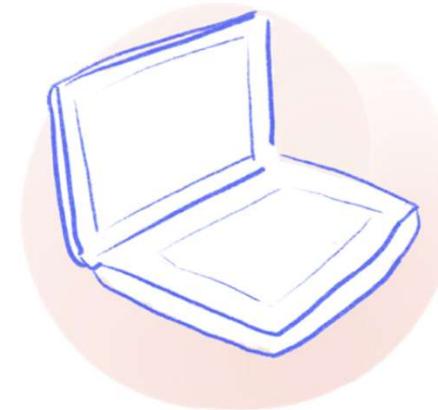
What does appropriate support look like?

Give them space and respect changes



What does appropriate support look like?

Signpost to other support



Signposting - organisations

- Let's Talk About Loss
- The New Normal
- Winston's Wish
- Suicide & Co
- ataloss.org

studentgriefnetwork.co.uk
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Signposting – resources

- The Grief Gang Podcast
- Life After Podcast
- Griefcast
- *Losing Young*, Rachel Wilson
- *Grief is the Thing with Feathers*, Max Porter
- *Notes on Grief*, Chimamanda Ngozi Adichie
- *Sixteen Days*, Victoria Wilson Crane

@thegriefgang @griefkid @lifedeathwhat



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