

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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Who am I and what is SGN?

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



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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?

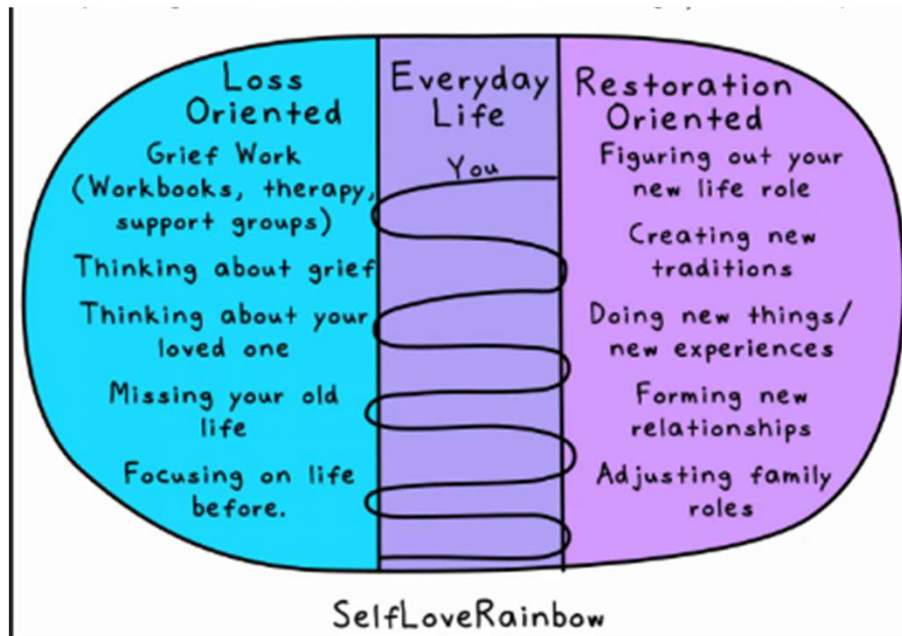


Image by Dominee Calderon, via the SelfLoveRainbow blog.
Model developed by Margaret Stroebe and Henk Schut.

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What does appropriate support look like?

Small gestures to show we care



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What does appropriate support look like?

Creating opportunities to talk
without forcing it



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What does appropriate support look like?

Practical help and support



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What does appropriate support look like?

Give them space and respect changes

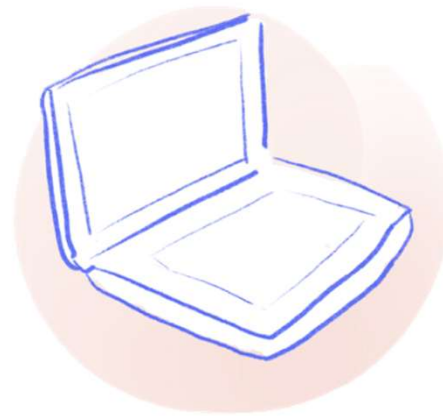


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What does appropriate support look like?

Signpost to other support




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Signposting – organisations

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

studentgriefnetwork.co.uk
[@studentgriefnetwork](https://twitter.com/studentgriefnetwork)

The logo for The Student Grief Network features a white, irregular, hand-drawn style outline on a blue-to-purple gradient background. The text "The Student Grief Network" is written in a black, sans-serif font inside the outline.

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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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