

If you would like help from the Sad Events Team please contact us:

phone: **0113 395 1042**

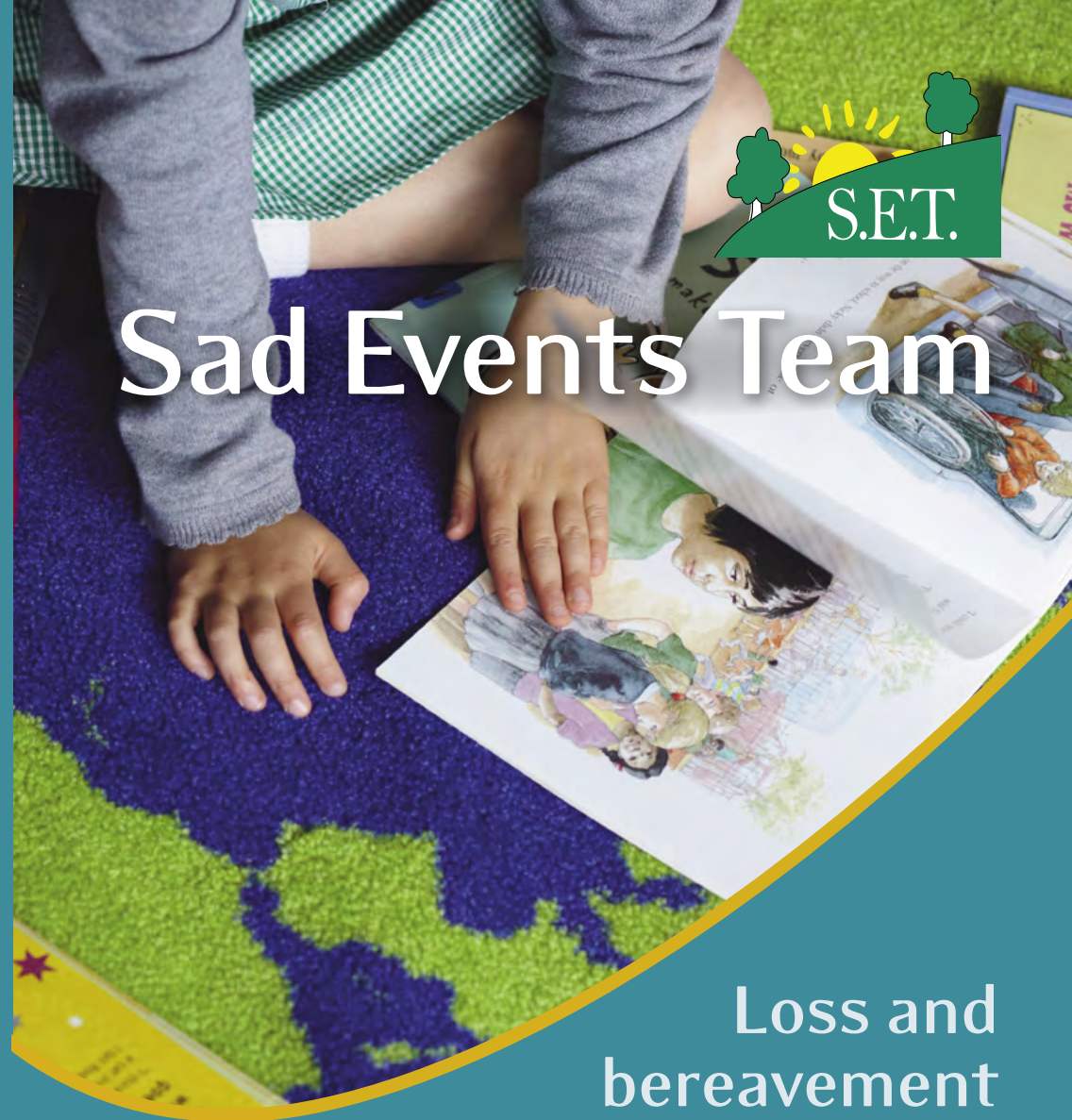
or **0113 395 1100**

email: **education.psychology@leeds.gov.uk**

Your feedback helps us improve our service. Please let us know what you think; pass on your comments, compliments or concerns to your Sad Events Team member or get in touch with us.

Our address is:

**Sad Events Team
Complex Needs Service
Adams Court
Kildare Terrace
Leeds
LS12 1DB**



Sad Events Team

Loss and
bereavement
support for children
and young people

Who are we?

We are a group of professionals providing loss and bereavement support for children and young people who have suffered a sad event. Our experienced team includes:

- targeted mental health in schools (TaMHS) workers.;
- educational psychologists;
- learning mentors;
- inclusion workers;
- education staff;
- administrators; and
- voluntary sector workers.

What do we offer?

We offer support to four to 16 year olds living in Leeds.

We can offer three sessions of counselling to children and young people who have experienced bereavement. These sessions are based on solution focused approaches.

Session 1

- Assessing whether a child or young person needs our support and making sure it's likely to help them.

If a child or young person is showing signs of settling down, research shows it may be better for them to continue without our support. It's important we make sure our support will be in the child or young person's best interests.



Session 2

- Looking at the facts of the child or young person's loss or bereavement and exploring how they felt about it.
- Examining the processes of grief and explaining these to the child or young person.

Session 3

- Reviewing the situation and the child's or young person's feelings.
- Using objects to help the bereaved child or young person rebuild the positive associations of their relationship with the person they're grieving for.

After all three sessions we will decide whether our support has been helpful and can advise you where to go next if the child or young person needs further help.

We do not offer immediate advice or help in a crisis

Research shows that it's best for a child or young person if someone close to them provides immediate help in a crisis. Our support comes later, after this initial help from someone close, if the child or young person still has a problem some months on.

How to get support from the Sad Events Team

We accept requests for support from:

- parents;
- school staff;
- doctors;
- school nurses; or
- other professionals who work with children and young people.

Please contact us for a referral form or get in touch for more information – our contact details are on the back of this leaflet.

