<Insert address>

<Date>

Dear Parents/Carers

I am writing with great sadness to tell you that one of our school community has tragically passed away.

All of the students were given the news of the death by ………………………….. A summary of what your child has been told is included below.

*Each of us will react to the young person’s death in our own way, and we need to care for each other. Feeling sad is a normal response to loss. Some of you may not have known the young person at all or very well and may not be affected, whilst some of you will experience a great deal of sadness. These responses are completely normal. We want you to know that support is available in school and that staff will let you know how to access this.*

*The untimely death of any person is tragic. At times like this it is important, for the sake of those who knew <him/her> well and for <his/her> family, not to spread rumours”.*

Please remember that support is available in school. We have also listed below other resources and sources of support. The school will also be talking to other agencies to try and ensure we are doing what we can to promote the welfare of the school and the community.

Please do not hesitate to get in touch with the school if you have any worries about your child.

Our thoughts are with the family and friends.

Yours sincerely

You can get help and advice around your child's mental health from:

Young Minds' free parent helpline on 0808 802 5544 (Monday to Friday, 9.30am-4pm)

Child and Adolescent Mental Health Service (CAMHS) 01226 644829

Children’s emotional health and wellbeing concerns can be complex. If you have concerns about yourself or you child’s emotional health then please contact your GP, Health Visitor, Social Worker or Senior Practitioner in health in the first instance for advice and support. Contact details are:

**Mobile:  [insert contact number]**

**Email: [insert email address]**

**What help and support is available for children and adults?**

Further sources of information, advice, and support for children and adults regarding emotional wellbeing and mental health are outlined below.

**Local support**

**AMPARO- Listening Ear** [**https://www.listening-ear.co.uk/pages/faqs/category/amparo**](https://www.listening-ear.co.uk/pages/faqs/category/amparo)

**Barnsley Bereavement Service -** [**http://www.barnsleybereavementsupportservice.org/**](http://www.barnsleybereavementsupportservice.org/)

**Samaritans Barnsley -** [**https://www.samaritans.org/branches/barnsley/**](https://www.samaritans.org/branches/barnsley/)

**MindSpace -** [**https://wearemindspace.com/**](https://wearemindspace.com/)

**Barnsley CAMHS – 01226 644829**

**National helplines and support**

**Childline** - Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Call **0800 1111** or chat 1-2-1 with a counsellor online

**Samaritans** - 24 hour confidential listening and support for anyone who needs it. Call **116 113** or email **jo@ samaritans.org**

**Papyrus** - Confidential support and advice for young people or anyone worried about a young person. 10am- 10pm weekdays, 2-10pm weekends. Call 0800 068 4141, text **07786 209697**, email: **pat@papyrus-uk.org** or visit [**www.papyrus-uk.org**](http://www.papyrus-uk.org)

**B-eat** - The UK’s eating disorder charity with online support groups and a helpline for anyone under 18. Call **0345 634 7650** (4pm – 10pm) or email **fyp@b-eat.co.uk**

**Livewell** - Information for parents and carers about when to be concerned and how to get help for teenagers. **www.nhs.uk/Livewell/family-health/ Pages/worried-about-your-teenager.aspx**

**Frank** - Confidential information and advice about drugs and substance abuse, whether it’s for you or someone else. **0800 7766 00** (24 hours, won’t show up on your phone bill)

**Stonewall** - The UK charity for gay, lesbian, bisexual and transgender people. Call **0207 593 1850** (Mon-Fri 9.30-5.30) or read their advice on Coming out help for young people.

**Winston’s Wish** - Providing specialist child bereavement support services across the UK, including in-depth therapeutic help. There are also a number of resources and publications to help support children and young people. Call **08088 020 021** for free advice and guidance. They also have a young person’s page **help2makesense.org/** to support children and young people to make sense of bereavement.

**Young Minds -** Help if you are feeling worried or anxious regarding a range of issues including bereavement, self-harm, bullying, eating disorders and exam stress. Visit www.youngminds.org.uk. Parents and carers can get help and advice around children’s mental health from Young Minds free parent helpline

**Child Bereavement UK –** [**www.childbereavementuk.org/**](http://www.childbereavementuk.org/)

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

**The Bluebell Foundation** - **www.bluebell.org.uk/**

The Bluebell Foundation provides support for people experiencing grief associated with loss during pregnancy, death of a baby, child or young person. They also provide support for children and young people up to the age of 18 who are grieving through the death or anticipated death of someone important to them.

**Further Support**

If you have concerns about a child’s emotional health:

Contact their GP, School Nurse or Social Worker

If you have serious safeguarding concerns regarding a child please follow your normal procedures

https://www.barnsley.gov.uk/services/children-families-and-education/safeguarding-families-in-barnsley/safeguarding-children-in-barnsley/

If you wish to discuss your concerns with social care, please call 01226 772423

Educational Psychologists work directly with young people in the age range 0 - 25 years on a wide variety of issues relating to their progress and development. They also work with other people who know and work with children and young people.

**Papyrus Toolkit for Schools**

Papyrus have a toolkit with useful advice for teachers and staff: **www.papyrus-uk.org/repository/ documents/editorfiles/toolkitfinal.pdf**

**Samaritans Guidance**

The Samaritans have some step by step guidance to help schools prepare for, and recover from a suspected or attempted suicide: [**www.samaritans.org/your-community/samaritans-education/step-step**](http://www.samaritans.org/your-community/samaritans-education/step-step)