

Bereavement Support

Whenever you feel ready, support is available.

College Support

Our Student Services and Wellbeing Team are here to listen and to help you access support. Whether you would like someone to talk to, practical guidance, or simply a quiet space, please don't hesitate to get in touch.

College Contact

Safeguarding and Student Wellbeing Team

Telephone: 020 8928 9132/34

Email: safeguarding@leyton.ac.uk

The college will have specialist trauma support on site on Monday 6th and Wednesday 8th July should you want to access this. Please email the above college contact so we can arrange a suitable time.

Free Bereavement Support

Winston's Wish/Child Bereavement UK

Helpline: 0800 028 8840

<https://winstonswish.org/>

<https://www.childbereavementuk.org/>

Support for children, teenagers and young adults up to age 25 who are coping with bereavement.

Kooth

[Home - Kooth](#)

Wysa

[Wysa - Everyday Mental Health](#)

General emotional and wellbeing support online and via an app for young people. Confidential and anonymous both one to one and via forums for support with other young people.

Your GP can also provide advice and refer you to local bereavement or trauma-informed counselling services if needed.

For those young people not ready to access support now the college counselling team will be running daily drop-ins from August for all students.

If You Are Supporting Someone Who Is Grieving

You do not need to have the perfect words.

Often, the greatest comfort comes from simply being there.

Listening without trying to fix the situation, acknowledging the person's loss, offering practical help, and checking in regularly can make a meaningful difference. Grief does not end after the funeral, and continued kindness and patience are invaluable.

A Final Thought

There is no timetable for grief.

Some days will feel more manageable than others, and that is entirely normal. Be gentle with yourself and with one another.

Our college community stands alongside everyone affected by this heartbreaking loss. We hope that, in time, you find comfort in the love, memories, and support of those around you.

With our deepest sympathy and heartfelt condolences.