

Schools Support

We will all experience a serious illness, dying, death and grief during our lifetime. For many this may happen while we are at school. This factsheet is developed to assist the school community to support their students, staff, parents and networks who are experiencing a serious illness, dying, death or grief.

Background

Palliative Care Queensland, Northern Queensland Primary Health Network and Townsville Hospital and Health Service, as well as the mayors across the Townsville Area and the Townsville Aboriginal and Islander Health Service, all endorsed the Townsville Area Palliative Care Plan which includes Direction 1: Raise awareness and build community capacity.

In 2022 Palliative Care Queensland completed a consultation with community members, as well as school and health professionals. The aim of the consultation was to understand the current supports in place, community needs, and opportunities within the health, social and community systems, to ensure that people experiencing a serious illness, dying, death or grief while involved in the school community are supported.

This factsheet provides information which was identified throughout the consultation as useful for community members.

Factsheets

- CareSearch (Australian): caresearch.com.au
 - Books to help kids understand death and grief
 - Palliative Care Support for Patients, Carers and Families
- Good grief (Australian): goodgrief.org.au
 - Self-care during times of uncertainty
 - Seasons for growth
 - Bereavement school support
 - Children and grief support, young people and grief
 - How can I support my grieving self
 - Kids helpline (counselling for young people 5-25 years)
 - Headspace (Support with mental health, drug & alcohol issues)
 - Lifeline (Support with mental health, drug & alcohol issues)
 - Grief line (Counselling service for people suffering grief)
- Emerging Minds (Australian): emergingminds.com.au
 - Grief and loss in children: information for families and professionals
 - Understanding and supporting primary school-age children who have experienced grief and loss

Template to develop school policies and procedures

Winston's wish (Scotland webpage)

- winstonswish.org/supporting-you/support-for-schools

Links for supporting children experiencing grief and loss

- Kids Helpline (Australian)
 - kidshelpline.com.au/parents/issues/supporting-child-through-grief-and-loss
- The Dougy Centre [National Centre for Grieving Children and Families] (USA)
 - dougy.org
- Good Grief (Australian)
 - goodgrief.org.au
- Emerging Minds (Australian):
 - emergingminds.com.au/resources/understanding-and-supporting-primary-school-age-children-who-have-experienced-grief-and-loss
- Australian Child and Adolescent Trauma, Loss and Grief Network:
 - earlytraumagrief.anu.edu.au/resource-centre/grief-loss
- Australian Centre for Grief and Bereavement:
 - grief.org.au
- Gwandalan: Palliative Care Support for First Nations communities
 - gwandalanpalliativecare.com.au
- Cancer Council NSW (Australian)
 - cancercouncil.com.au/cancer-information/schools-and-teachers/cancer-in-the-school-community/bereaved-school-community

Programs and apps

- Good Grief, This Hurts: childrens.health.qld.gov.au/training-good-grief-this-hurts/
- Seasons of Growth: goodgrief.org.au/seasons-for-growth
- Living Forward Newsletter: childrens.health.qld.gov.au/service-bereavement-living-forward-newsletter
- Gather My Crew App: gathermycrew.org.au
- My Grief App: grief.org.au/ACGB/ACGB_Publications/Resources_for_the_Bereaved/MyGrief_App
- La Trobe University HELP (Healthy End of Life Project): latrobe.edu.au/public-health/research/centres/palliative-care-unit/research/help

PalliLEARN public education

- Talking to children about dying
- What is palliative care?
- Your role in a compassionate community
- Self-care
- Last aid

palliativecareqld.org.au/pallilearn/

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