

Trigger warning: This newsletter looks at grief and loss which may be triggering for some individuals. Help and support are available if you need it, you do not have to struggle alone: Phone Cruse Scotland 0808 802 6161; NHS 111; Samaritans, 116 123; SMS: Text SHOUT to 85258 and Childline at 0800 1111.

## Grief

Grief, like many other areas of our lives, has been impacted by technology. Social media has given us new channels to express and share our grief, bringing unique benefits and potential harms to people who are grieving.

It's important that those of us working with children and young people understand the digital dimensions of grief and are aware of the technology offering us new avenues of providing support. You'll learn all this and more in this month's newsletter.

## Digital Dimensions of Grief

Social media can provide support for grieving children and young people, offering a place for them to:

- Express their feelings
- Let others know about their loss
- Talk about grief when unable to express it in person
- Continue bonds with lost loved ones; sharing memories, photos, videos
- Reduce stigma around death by suicide - talking openly about it, finding others in a similar position ([King, 2022](#); [Bailey, 2014](#)).

Concerns have also been raised about how social media relates to grieving processes, including:

- Fears about “legitimate” online grief, being seen as attention-seeking
- Different grieving processes - some want to grieve in private
- Triggering online reminders of a lost loved one ([Bell, 2015](#)).





## Digital Supports

### GriefChat

A free live chat service with a bereavement counsellor, available Monday-Friday, 9.00 am-9.00 pm.

### TalkGrief

An online space for grieving teenagers and young adults (13 to 25) managed by the childhood bereavement charity, Winston's Wish.

### Hope Again

The youth website of Cruse Bereavement Support. A space to learn from other young people about how to cope with grief and feel less alone.

### Grief and Loss - Young Minds

Information from Young Minds about grief, working through grief, tips on how to express grief, and real stories related to grief and loss.

More digital tools like these can be found on the Aye Mind Digital Tools Directory:

[Explore the directory](#)

## Guide

Are you interested in knowing how to offer online bereavement support?

Read one of our guides submitted by Sue Ryder about how they expanded their bereavement services to support people who are looking to access bereavement services from their home.

[Read the guide](#)



## Join Our Network

Did you know that we have a networking group that you could join, known as the Aye Mind Digital Collaborative that meets quarterly?

It is made up of a wide range of partners working with children and young people across Greater Glasgow and Clyde who are keen to develop their digital skills and knowledge of how the online environment impacts children and young people's mental health and wellbeing.

[Join the Collaborative](#)

