**PRINCIPLE 2**

**Every child/young person will have experienced the COVID-19 pandemic uniquely, and have different support needs.**  
It is not just the pandemic which determines whether something is perceived as traumatic but the individual’s experience of events linked to it. For **most**, the situation will be met with resilience and they will be able to meet challenges with minimal support. For **some**, reactions will be short-term, whereas others may be need longer to recover and more support to do so. A **few** will have prolonged reactions that may weaken their mental health and well-being (U.S. Department of Health and Human Services, 2014 Trauma Informed Care in Behaviour Health Services). Responses and the type of support needed will be different for each of these groups.

The British Psychological Society (2020) uses the following tiered model to outline the type of psychological care support professionals may need and this is relevant to use in schools with both children/young people and staff.

This is also the model we have been using to consider bereavement support, which school staff will need to be aware of. A link will be provided for more detail of services at the higher levels soon but in the meantime you may wish to look at Cumbria County Council’s Guide to Bereavement in Educational Settings:

<https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page;jsessionid=DF6577008175A1D6422A28345BE6D557?id=2imoH2hBqTs>

or

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

The Growing in Grief Awareness programme is a whole-school framework, free to primary and secondary, special and mainstream schools across the UK.

<http://www.childhoodbereavementnetwork.org.uk/campaigns/growing-in-grief-awareness/growing-in-grief-awareness-programme.aspx>

Child Bereavement UK are currently offering free webinars for Early Years settings, Primary and Secondary Schools: [training@childbereavementuk.org](mailto:training@childbereavementuk.org)

**References**

The British Psychological Society Covid19 Staff Wellbeing Group (2020): The psychological needs of healthcare staff as a result of the Coronavirus pandemic. <https://www.bps.org.uk/>

US department of Health & Services (2014) <https://www.state.nj.us/humanservices/dmhas/initiatives/trauma/>