



SPACE BETWEEN

SUPPORT PACK

In partnership with



Funded by

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Department for
Digital, Culture,
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OVERVIEW

SPACE_BETWEEN IS A RESOURCE CO-PRODUCED WITH YOUNG PEOPLE WHO HAVE EXPERIENCED BEREAVEMENT TO SUPPORT OTHER YOUNG PEOPLE WITH SIMILAR EXPERIENCES. SPACE_BETWEEN WAS DELIVERED BY TOTAL INSIGHT THEATRE IN PARTNERSHIP WITH INVICTUS WELLBEING AND TIMEOUT CALDERDALE.

ABOUT TOTAL INSIGHT THEATRE

Total Insight Theatre is an award-winning charity that uses the arts to transform the lives of children and young people across England.

www.totalinsighttheatre.com

ABOUT INVICTUS WELLBEING

Invictus Wellbeing is a charity that improves children and young people's mental and emotional health and wellbeing across West Yorkshire.

www.invictuswellbeing.com

ABOUT TIMEOUT CALDERDALE

TimeOut Calderdale is a charity that focuses on emotional wellbeing and connects young people with activities, opportunities, learning and support across Calderdale.

www.timeoutcalderdale.co.uk

ABOUT THE YOUNG PEOPLE

Young people in Halifax aged 12-19 with experiences of bereavement or challenges with mental health were invited to take part in an opportunity to work with a filmmaker to create a film series as a peer support resource for other young people.

To find out more, go to totalinsighttheatre.com



THE FILM SERIES: SPOTLIGHTING EXPERIENCES OF GRIEF

Trigger warning: the video clips below contain references to grief, suicide and difficulties with mental health.

1. TALKING ABOUT GRIEF



A 3-minute clip about the importance of talking about grief.

Watch the clip here:

<https://vimeo.com/662272254/dd1f520dc5>

2. TALKING HELPS



A 3-minute clip reflecting on why talking to others is so important.

Watch the clip here:

<https://vimeo.com/662274544/61296bc89d>

3. IT'S OKAY TO NOT BE OKAY



A 3-minute clip about why it's okay to reach out for support.

Watch the clip here:

<https://vimeo.com/662276444/a1d586920e>

4. MOVING FORWARD



A 3-minute clip about moving forward from challenging experiences.

Watch the clip here:

<https://vimeo.com/662278772/4e5ec0baee>

FURTHER SUPPORT

IF YOU NEED TO TALK TO SOMEONE OR NEED SUPPORT:

Call 0808 802 0111 for Grief Encounter's free grieftalk helpline (Mon-Fri, 9am-9pm).
More info [here](#).

Text WW to 85258 for Winston's Wish's free 24/7 text crisis support. More info [here](#).

Text YM to 85258 for Young Minds's free 24/7 text support with grief and/or mental health.
More info [here](#).

Access a free one-to-one chat with The Mix' trained helpline supporters about any issue that is troubling you (7 days a week, 4pm-11pm).
More info [here](#).

Additional support is also available from:

Childline for anyone under 19 to call, chat online or email about any problem big or small. Find out more [here](#).

Samaritans for anyone to find support for whatever you're going through.
Find out more [here](#).

SPACE _ BETWEEN

Space_Between is a resource co-produced with young people who have experienced bereavement to support other young people with similar experiences.



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INVICTUS
well-being

TIMEOUT
FIND YOUR THING

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