



Project SAIL



Supporting Adolescents In Loss

Grief is very common for adolescents

- **90% of adolescents** will experience the death of a family member or friend.
- Adolescents may also experience grief from other losses, such as pet death, parental divorce and relationship break-up.

What did we do?

- With a youth advisory committee, we co-designed a new **self-help, internet intervention** for grief and loss in adolescents.
- The intervention consists of 8 modules completed over 4 weeks.
- The intervention was **based on cognitive behavioural therapy**.

- Young people learned to increase enjoyable activities to challenge unhelpful thinking.



Young people said:

“It allowed for me to be able to cope with my losses in a productive and positive way.”

“The program was useful with my experiences with parents divorcing as well as experiencing the loss of a close friend at a young age.”

“What I liked about the program was its comprehensive approach to addressing different aspects of grief.”



Grief is normal

But it can be linked to problems including anxiety and depression



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www.sailgrief.org

What were the results?

- Adolescents who received the intervention had **improved well-being** afterwards compared to a control group.
- Significant **reductions** were also seen in **anxiety, depression and post traumatic stress** one month later.



97% of the young people rated that they liked the treatment and it was helpful

What can we do next?

Further research with larger samples and a longer follow-up period could help confirm the initial positive findings