

# 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:

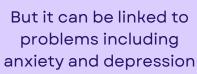
"It allowed for me to be able to cope with my losses in a productive and positive way."

"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**



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#### 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