



BEREAVEMENT RESOURCES AND INFORMATION

This is a guide to services both locally and nationally that you can access. There are a mix of options so please look through the whole document. We hope it will be of help you and your child/young person.

Local Support

<p>Yo-Yo Project Tel: 01245 457416 Email: yoyoproject@farleighhospice.org</p>	<p>The Yo-Yo project is a community-based service offering bereavement and pre-bereavement support to children and young people in the mid-Essex area.</p>
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National Services

<p>Child Bereavement UK Tel: 0800 02 888 40 Web: www.childbereavementuk.org</p>	<p>Child Bereavement UK services include:</p> <ul style="list-style-type: none"> • Confidential information and support line for families and professionals when a child has died and when a child is bereaved • Web discussion fora for families and for professionals • Resources for bereaved children and young people, families and all professionals • Training courses on bereavement for health care and other professional
<p>Childline Tel: 0800 1111 Web: www.childline.org.uk</p>	<p>National services include;</p> <ul style="list-style-type: none"> • Free national helpline for children and young people on any issue or problem 24 hours a day, 7 days a week, 365 days a year • Freepost service • Schools outreach programme

<p>Cruse Bereavement Care Free National Helpline: 0808 808 1766 Admin: 020 8939 9530 Web: www.cruse.org.uk www.hopeagain.org.uk</p>	<p>Many local branches of Cruse offer individual or group support for bereaved children. Those that are members of the Childhood Bereavement Network can be accessed by ringing the helpline or visiting the Cruse website.</p> <p>Cruse has a special website for young people. One feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters.</p>
<p>Grief Encounter Tel: 0808 802 0111 Web: www.griefencounter.org.uk</p>	<p>National services include:</p> <ul style="list-style-type: none"> • GriefTalk call, email or instant chat support for bereaved children and young people and those caring for them 9am-9pm Monday to Friday • Resources for bereaved children and young people, families and professionals • Training courses and bespoke training including the Good Grief course.
<p>Winston's Wish Tel; Family Line 08088 020 021 Web: www.winstonswish.org.uk</p>	<p>National services include:</p> <ul style="list-style-type: none"> • Helpline for all those caring for a child or young person who has been bereaved • Website with activities for children/young people and facility to ask questions of a trained clinician • Programme of direct support for families bereaved through suicide, murder or manslaughter • Resources including books and memory boxes • Training courses

Talking to children about Coronavirus

Written by Winston's Wish

All children will have questions about the effects of the virus but for children who have had someone important die or have a member of their family who is ill, this anxiety is likely to be heightened. Parents have been asking us how to reassure bereaved children and young people who are worried about the effect of this virus on their family.

While no-one can predict exactly what will happen in the next few weeks, children and young people may pick up on the anxiety of adults around them, may see coverage on news and social media, or be aware of changed procedures at school or college.

After someone important dies, children will be very worried about the health of their surviving family. It is natural for a child whose parent has died, for example, to be worried that something bad will happen to the other parent.

Fears may include: someone else dying, someone becoming ill and unable to look after the child, the changes to normal living that would happen if someone else gets sick or dies. Children with relatives who are already ill, for example, a grandparent with lung disease or a parent with cancer, will be particularly concerned that this virus may increase the risk to their relative.

Acknowledge their worries

Your child may understandably be concerned or worried by what they see, read or hear in the news, online or at school regarding coronavirus, and this anxiety can be heightened for children and young people who have had someone important die. It's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Remember that you don't need to have all of the facts and answers. There are lots of resources out there for you to read together (see below) and a gentle conversation can reassure your child that they can talk to you so they don't feel like they're on their own.

Children and young people who have been bereaved or are facing the death of someone important will appreciate people acknowledging their particular concerns.

"I guess you might be wondering if this virus will make Granny sicker?"

"I wonder if we could talk a little about this virus; I notice you've been a bit quiet today?"

Reassuring your child

It is natural that children and young people who have experienced the death of someone important may worry that something will happen to someone else in their family. They will spot false reassurance but it is reasonable to put what is happening into context in a reassuring way.

It may be helpful to remind your child that some people only experience mild symptoms and reassure them that more people are recovering from the virus than

dying from it. You could tell them that it is unlikely they will get very ill, and if they do you will look after them, and if you get the virus you will probably only be ill for a few days.

“I want you to know that I am very healthy and even if I get the virus, I’m only likely to feel a bit poorly for a few days.”

“We’ll make sure that Grandpa gets looked after safely.”

Don’t be afraid to have conversations with your child about coronavirus – not talking about something can sometimes make children worry more. Other children will be talking about it at school and they may have heard it on the news or social media. You may need to gauge their level of understanding or interest to decide what level of detail you need to go into when explaining what is going on.

Older children may have already read or seen a lot of information online and could be feeling overwhelmed. You could help them limit the amount of times they check the news and encourage them to get information from reputable websites.

“Let’s watch this film together. I think it will answer most of your questions and if you have any more, I’ll do my best to answer them.”

Useful video links for speaking to children about Coronavirus

<https://www.bbc.co.uk/newsround/51204456>

<https://www.bbc.co.uk/newsround/51861089>

<https://www.bbc.co.uk/news/uk-51734855>

Covid-19 support

All of the organisations mentioned earlier above have specific resources and information to support children and families during the current pandemic. Some specific useful guides, however, are:

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

Child Bereavement services include:

- Helpful guide on being separate from a loved one who is seriously unwell
- How to say goodbye when a funeral isn’t possible
- How to talk to children about Coronavirus

<https://booksbeyondwords.co.uk/> - resources for people with learning disabilities specifically around Covid-19.

<https://nosycrow.com/> - have a book for children about coronavirus which can accessed/downloaded free of charge from their site

Books and Resources

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

<https://www.griefencounter.org.uk/child-bereavement-support/advice-and-information/>

<https://www.winstonswish.org/supporting-you/publications-resources/>

Books and resources for children and young people

<https://www.childbereavementuk.org/resources-for-children-and-young-people>

Books and resources for adults supporting children and young people

<https://www.childbereavementuk.org/resources-for-adults-supporting-bereaved-children-and-young-people>

Online resources

Websites/apps children can access for support

Wysa app	Free on app store for apple and android. Set up like a text chat, children can speak to Wysa (a penguin bot) who helps them to reflect on feelings and share worries.	
Clear Fear	Free on app store for apple and android. Anxiety based app using CBT model to help children understand anxieties/worries and think of self-help techniques.	
Calm Harm	Free on app store for apple and android. Self-harm and suicidal feelings support app containing information and distraction techniques.	
Calm	Free on app store for apple and android – some accessories require payment. Mindfulness and guided meditation based app.	
Headspace	Free on app store for apple and android – some accessories require payment. Mindfulness and guided meditation based app.	
Big White Wall	Online counselling support service for young people aged 16-18 https://www.bigwhitewall.com/	
The Mix	Mental health information for young people up to age 25 https://www.themix.org.uk/	
In Hand	Free on app store for apple and android. An app for young people that recommends activities based on the way they have scored their mood.	
Stop, breathe, think	Free on app store for apple and android. An app that recommends meditation exercises based on your current thoughts.	
Kooth	An online counselling service for young people aged 11-18 living in Essex. Free to access for 60 minute online sessions.	
SAM (self-help for anxiety management)	Free on app store for apple and android. Includes a tracker for anxiety and advises activities and games based on anxious moods.	

Mindshift	Free on app store for apple and android. An app based around tools and techniques for managing anxiety.	
No Panic	A helpline for young people who suffer with anxiety and panic attacks https://nopic.org.uk/	
Young Minds	Provides support for young people up to age 25. There is a text line for young people and a telephone advice line for parents. https://youngminds.org.uk/	