

Bereavement, change and loss during COVID-19

Topic	Resources
General Bereavement and Loss advice	<p>https://www.westlothian.gov.uk/media/29659/A-Whole-Community-Approach-to-Supporting-Children-and-Young-People-with-Loss-and-Bereavement/pdf/Loss and Bereavement guide.pdf?m=636785710249100000</p> <p>https://www.childbereavementuk.org/coronavirus-supporting-children</p> <p>https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</p> <p>https://youngminds.org.uk/media/3675/bereavement-updated-dec-2019.pdf</p> <p>https://www.goodgrief.org.au/</p>
How to say goodbye when a funeral isn't possible	<p>https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/</p> <p>http://www.nelsonsjourney.org.uk/covid-19-funeralguidance/</p> <p>https://www.griefencounter.org.uk/serviceupdate/</p>
How schools can support children	<p>https://www.winstonswish.org/coronavirus-schools-support-children-young-people/</p> <p>https://www.griefencounter.org.uk/professionals-schools/</p>
Talking to children about Coronavirus	<p>https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/</p> <p>https://www.griefencounter.org.uk/serviceupdate/</p> <p>https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness</p>

<p>Telling a child someone is seriously ill</p> <p>When you can't visit someone who is ill</p>	<p>https://www.winstonswish.org/telling-children-young-people-serious-illness/</p> <p>https://www.childbereavementuk.org/when-you-cant-visit-someone-who-is-ill</p> <p>http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx</p>
<p>Telling a child someone has died from Coronavirus</p>	<p>https://www.winstonswish.org/telling-a-child-someone-died-from-coronavirus/</p> <p>https://www.griefencounter.org.uk/serviceupdate/</p>
<p>Managing grief in self-isolation</p>	<p>https://www.winstonswish.org/manage-grief-during-self-isolation/</p>
<p>Further support</p>	<p>Winston's Wish https://www.winstonswish.org/ Freephone National Helpline 08088 020 021 (Monday-Friday 9am-5pm) ASK Email service ask@winstonswish.org Online chat – click the 'ASK US' image on the website, available Wednesdays & Friday from 12-4pm Free 24/7 text crisis support Text WW to 85258</p> <p>Childhood Bereavement UK https://www.childbereavementuk.org/ Helpline 0800 02 888 40 (Monday-Friday 9am-5pm) Email for bereavement support: support@childbereavementuk.org Live chat via the website</p> <p>Cruse Bereavement Care https://www.cruse.org.uk/ Helpline 0808 808 1677 (Monday-Friday 9.30am-5pm, excluding bank holidays and extended hours on Tue/Wed/Thurs when they are open to 8pm) Email helpline@cruse.org.uk</p> <p>Grief Encounter www.griefencounter.org.uk Helpline 0808 802 0111 (Monday – Friday 9am – 9pm) Online chat: www.griefencounter.org.uk (click on the “grief talk” banner) Email: griefftalk@griefencounter.org.uk</p>

