



**There are worries and concerns about bereavement in light of the Coronavirus pandemic.**

**In response to this, we have produced a resource of support that is available to share with colleagues and parents if supporting a child or young person who is coping with a loss or bereavement.**



**Children and young people will cope and react to a bereavement in different ways. We know that everyone handles the death of a loved one in 'their' own way.**



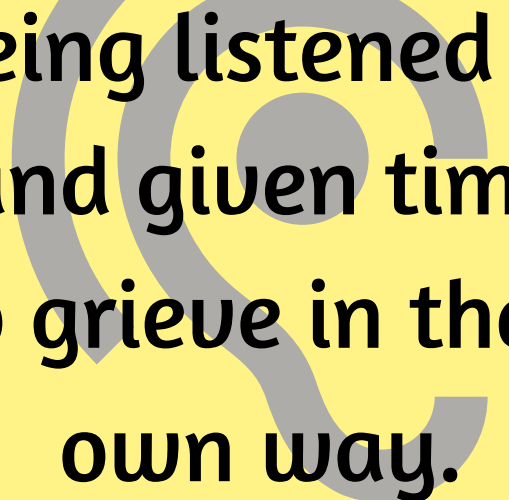
**There are a number of resources available online to give you further information and documents to help you to understand how to talk to a child or young person that is coping with bereavement.**

**It is important to remember that being there for a child and young person to listen to them is sometimes ALL the help that is needed.**

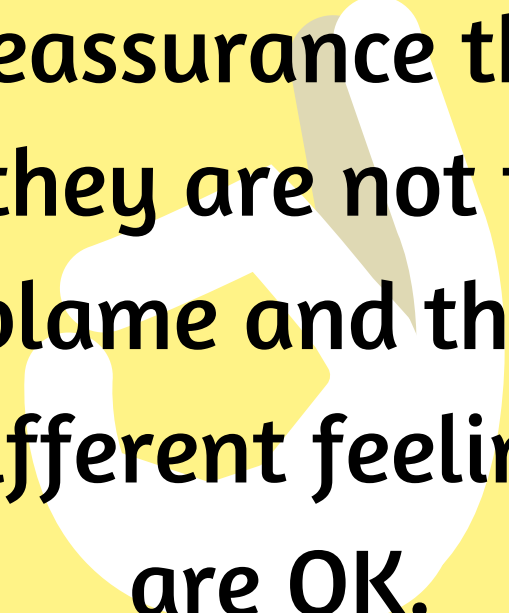
**Being able to speak about a loss and about the good memories helps process the bereavement.**

# What helps children and young people?


Being listened to and given time to grieve in their own way.



Reassurance that they are not to blame and that different feelings are OK.



Normal routines and a clear demonstration that important adults are there for them.



Time to talk about what has happened, ask questions and build memories.



Give clear, honest and age-appropriate information.



# Useful links and resources

Just 'B' Bereavement Support, as part of their community response to COVID-19 are offering emotional wellbeing support to people in the district click on this link below

[Hear to Help phonenumber](#)

Available to anyone who may be dealing with anxiety at this time. The line is manned by trained staff and volunteers and is available from 8am to 8pm.

Tel: 01423 814480 (adults) / 01423 856790

(children)Email: [info@justb.org.uk](mailto:info@justb.org.uk)

Child Bereavement UK is a really useful website with plenty of resources and information around supporting a child who has experienced or is struggling with bereavement, click on this link <https://www.childbereavementuk.org/online-learning-for-schools>

Winston's Wish was the UK's first childhood bereavement charity.

Their website provides a range of resources and information which are really helpful. Click on this link

<https://www.winstonswish.org/supporting-you/support-for-schools/>