

# Go to's for

## BEREAVEMENT AND LOSS

### Useful websites and links:

- [www.hopeagain.org.uk](http://www.hopeagain.org.uk) - Young people coping with bereavement and living after loss.
- [www.barnardos.org.uk](http://www.barnardos.org.uk) - Advice and support to parents/carers of children and young people up to the age of 18 who have been bereaved.
- [www.cruse.org.uk](http://www.cruse.org.uk) - Offer support, advice and information to children, young people and adults when someone dies.
- [www.youthlife.org](http://www.youthlife.org) - Support for children and young people aged 5-25 affected by bereavement, separation, divorce or loss.
- [www.pipscharity.com](http://www.pipscharity.com) - Support to families and friends touched by suicide.

### Recommended books:

- Grief Works; Stories of life, death and surviving  
By Julia Samuel.
- Mum's Jumper By Jayde Perkin.
- An introduction to coping with Grief 2nd Edition  
By Sue Morris
- If all the world were... By Joseph Coelho and Allison Colpoys.

### Apps and Podcasts

- Headspace - Offers guided meditation exercises for managing stress, coping with sadness, and problems with sleep.
- Apart of Me - For Young people aged 11 and above who have a parent or relative who's died or is living with a terminal illness.
- Nino's Mourning Toolbox - Helps children and parents overcome their grief at the loss of a family member during the time of bereavement.
- Griefcast, (It covers situations including losing a parent as a teenager or child, sibling loss, parent loss and the death of a child.)
- Terrible, thanks for asking (For adults, who want to hear about and share in other people's experiences of grief.)
- Help 2 make sense (For Children and young people coming to terms with the death of a loved one.)

### Remember...

- Grief is a natural response to loss.
- People grieve in different ways. There's no right or wrong way to feel after someone has died.
- You might have good days and bad days. If you're struggling with your feelings or are finding things overwhelming, you can get support by calling Lifeline on 0808 808 8000, Childline on 0800 1111, contacting your GP or seeking support from loved ones.
- Support yourself emotionally by taking care of yourself physically.
- Be gentle with yourself and others who are grieving. Expressing your emotions can help encourage others to express theirs.
- Children and teenagers grieve differently.
- Encourage your child to talk about his or her emotions. Suggest other ways to express feelings, such as writing in a journal or drawing a picture.

Stay calm and reach out - We are here for you Monday-Thursday 9am-9pm, Friday 9am-5pm and Saturday 9am-1pm.