

## Finding Support

All resources listed on this sheet are for information only. All organisation details were correct at time of writing, but these may change over time.



### STAR Bereavement Support Services

Provides a range of bereavement support services to children and young people in Wakefield.

Star Bereavement Support Service is proud to be a member of 'The Childhood Bereavement Network'.

<https://www.starwakefield.org.uk/>



**Current Contact Details (May 2020): 07599 640 714 Mon – Fri 9am – 5pm**

**Email:** [claire@starbereavement.co.uk](mailto:claire@starbereavement.co.uk)

**Send a message on:** Instagram [bereavementstar](#) or Facebook [star bereavement](#) (<https://www.facebook.com/StarBereavementWakefield/>)

**Phone:** **01924 787384**

**Email:** [admin@starwakefield.org.uk](mailto:admin@starwakefield.org.uk)

### Child Bereavement Network



A hub for those working with bereaved children, young people and families across the U.K.

<http://www.childhoodbereavementnetwork.org.uk/home.aspx>

**Coronavirus specific resources:**

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

**Staying connected when someone is seriously ill:**

<http://www.childhoodbereavementnetwork.org.uk/media/102504/Keeping-in-touch.pdf>



**Cards for children and young people with suggestions of how friends, family, school staff could help to support them.**

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do-for-young-people.aspx>



**Supportive words and emojis from children who know how bereavement feels:**

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/lost-for-words.aspx>



**Other young people's stories:**

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/young-peoples-stories.aspx>

**Find Local Support: services locally providing support for bereaved children**

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/find-help-near-you.aspx>

**Child Bereavement UK**

Help for children and young people (up to 25), parents and families for a bereaved child or when a child dies, including training for professionals.

<https://www.childbereavementuk.org/>



The website contains guidance films and information to support families and schools in supporting children during the COVID 19 pandemic. These include:

**To support pupils:** <https://www.childbereavementuk.org/coronavirus-supporting-pupils>

With links and information sheets including:

- Delivering sad news – telling a young person that someone they know has died
- Managing Grief
- Remembering – collaborative projects for the school community
- Children’s Understanding of Grief
- Supporting children through difficult times
- BBC bitesize with support and guidance from the bereavement services team

**Further resources can also be found for supporting a bereaved pupil here:**

<https://www.childbereavementuk.org/online-learning-for-schools>



This is a step by step training guide, with resources for education professionals including:

- Children’s understanding of death including SEND
- Managing grief – emotions [http://sabp.lgfl.org.uk/section\\_B3\\_a.html](http://sabp.lgfl.org.uk/section_B3_a.html)
- Managing grief – behaviours [http://sabp.lgfl.org.uk/section\\_B3\\_b.html](http://sabp.lgfl.org.uk/section_B3_b.html)
- The role of the school
- Death and grief in the curriculum

**Managing Bereavement: A Guide for Schools**

<https://www.childbereavementuk.org/Handlers/Download.ashx?IDMF=4b13d694-2038-4918-90b3-13c06100aafb>

**Managing a death in the school community**

<https://www.childbereavementuk.org/managing-a-sudden-death>

**National Helpline: 0800 02 888 40** Mon – Fri 9am – 5pm

**Live Chat:** <https://www.childbereavementuk.org/> Mon – Fri – 9am – 5pm

**Email:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

## Winston's Wish

[www.winstonswish.org/](http://www.winstonswish.org/)



Provides support to bereaved children, young people, families, and adults supporting a young person.

Coronavirus specific resources:

**How to say goodbye when a funeral isn't possible:**

<https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>

**Telling a child someone has died from coronavirus:**

<https://www.winstonswish.org/telling-a-child-someone-died-from-coronavirus/>

**Managing grief during self-isolation:** <https://www.winstonswish.org/manage-grief-during-self-isolation/>

**How schools can support children and young people:**

<https://www.winstonswish.org/coronavirus-schools-support-children-young-people/>

**Supporting bereaved children and young people:**

<https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>

**Talking to children when someone is seriously ill with coronavirus:**

<https://www.winstonswish.org/telling-children-young-people-serious-illness/>

**Video: How to answer difficult questions about a bereavement:**

<https://www.winstonswish.org/how-to-answer-difficult-questions-about-a-bereavement/>

**Freephone National Helpline: 08088 020 021** Mon – Fri 9am – 5pm

**Email:** [ask@winstonswish.org](mailto:ask@winstonswish.org)

**Crisis Messenger service** available 24/7 for urgent support **Text WW to 85258.**

## Young Minds



The UK's leading charity fighting for children and young people's mental health.

<https://youngminds.org.uk/about-us/>

**Grief and Loss for young people: What is grief, working through your grief, where to get support?** <https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

**For adults to support grief and loss:**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

**Talking with a child about death or loss:**

<https://youngminds.org.uk/media/3137/talking-with-your-child-about-a-death-or-loss-pdf.pdf>

**Call the Parent Helpline: 0808 802 5544** Mon – Fri 9:30am – 4pm

**For young people:** If you need urgent help text **YM to 85258** – free 24/7 across the U.K.

## Cruse Bereavement Care

Offer support, advice and information to children, young people and adults when someone dies.



<https://www.cruse.org.uk/>

**Information relating to coronavirus:**

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

The information includes:

[Grieving and isolation](#)

[Children and young people](#)

[What to say to someone who is bereaved](#)

[Easy read factsheets](#)

[Funerals](#)

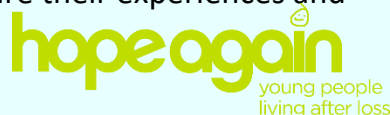
**Further information on bereavement for those working in schools, colleges and other educational settings:**

<https://www.cruse.org.uk/get-help/for-schools>

**Information includes:**

- Recognising the impact of bereavement on a child or young person
- Recognising changes in behaviour
- Supporting pupils following violent deaths
- Supporting pupils bereaved by suicide
- Returning to school
- The death of a pupil
- Death of a staff member

Cruse has a special website for young people called [Hope Again](#). A feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters.



**National Helpline: 0808 808 1677** Mon – Fri 9:30am – 5pm (excluding bank holidays)

**Extended hours:** Tuesday, Wednesday & Thursday open until 8pm.

**Local Cruse Services:** <https://www.cruse.org.uk/get-help/local-services>

## Grief Encounter

[www.griefencounter.co.uk](http://www.griefencounter.co.uk)



Provides support to children and families who have been bereaved.

Support for coronavirus includes:

<https://www.griefencounter.org.uk/serviceupdate/>

- Coronavirus: Supporting bereaved children and young people
- Telling children and young people someone has died from coronavirus
- How to say goodbye when attending a funeral isn't possible

**Call: 0808 802 0111** open Mon – Fri 9am-9pm

**Web Chat:** <https://www.griefencounter.org.uk/>

**Email:** [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

## Childline

<https://www.childline.org.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME

**Support for children and young people**

**Current Contact Details:** these changed on 20<sup>th</sup> March 2020 – no longer 24 hours, daily (during the pandemic).

**Call: 0800 1111** daily 9am to midnight

**Online:** 1-2-1 chat 9am – 10:30pm <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

**Message Board:** <https://www.childline.org.uk/get-support/message-boards/>

**Ask Sam:** <https://www.childline.org.uk/get-support/ask-sam/>

## The Mix



**Support service for young people under 25.**

Help young people take on any challenge they're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs

<https://www.themix.org.uk/>

**Call: 0808 808 4994** 7 days a week from 4pm – 11pm

**1-2-1 chat:** <https://www.themix.org.uk/get-support/speak-to-our-team>

**Discussion Boards:** <https://community.themix.org.uk/>

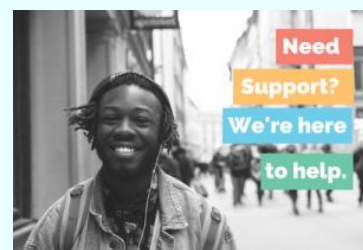
**Email:** <https://www.themix.org.uk/get-support/speak-to-our-team/email-us>

## Help 2 Make Sense

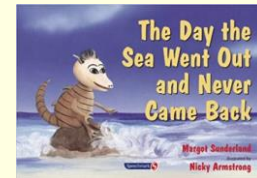
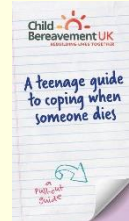
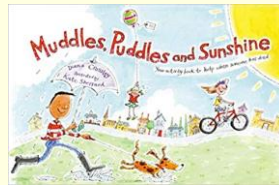
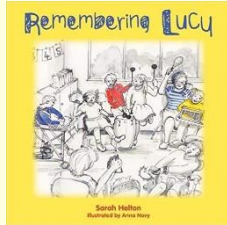
**#HELP2MAKESENSE**

Offers information and support to young people.

<https://help2makesense.org/>



## Books written for children to help them cope with grief



- **‘Something Bad Happened: A Kid’s Guide to Coping with events in the News’** by Dawn Huebner. How to process different world events (ages 6-12).
- **‘The Day the Sea Went Out and Never Came Back’** by Margot Sunderland. A story for children who have lost someone they love (ages 4-12).
- **‘Draw on Your Emotions’** by Margot Sunderland. A resource to help people express and communicate their emotions.
- **‘What To Do When You’re Scared & Worried: A Guide for Kids’** by James Crist. A help guide to processing fears and worries (ages 9-13).
- **‘The Way I Feel’** by Janan Cain. Explores feelings and a helpful way to talk about emotions with young children.
- **‘A Terrible Thing Happened’** by Margaret Holmes. A story for children who have witnessed violence or trauma (ages 4-8).
- **‘Missing Mummy’** by Rebecca Cobb. Covers some of the worries and fears a young child may have after a death (ages under 5).
- **‘When Dinosaurs Die: A guide to understanding death’** by Laurie Brown & Marc Brown. Helps primary aged children understand what death means and how best to cope with their feelings.
- **‘Michael Rosen’s Sad Book’** by Michael Rosen. A personal story. The author describes feeling sad after the death of his son (ages 3+).
- **‘A Teenage Guide to Coping When Someone Dies’** by Child Bereavement UK. Practical advice and guidance for a young person managing confusing emotions when someone important in their life dies.

<https://www.childbereavementuk.org/Handlers/GetImage.ashx?IDMF=83b93110-8b6e-4a5e-b37f-8cdc71a9bf28&h=877&w=1240>

**Books and resources by age available at:**

<https://www.winstonswish.org/suggested-reading-list/>



## Elephant's Tea Party

'gives staff the resources to help pupils explore the subjects of death and grief in an age appropriate, straightforward and accessible way'



<https://www.childbereavementuk.org/Pages/Category/elephants-tea-party>

## Resources for Bereaved Children who have Special Educational Needs and Disabilities (SEND)

### Supporting children with SEND:

<https://www.winstonswish.org/supporting-children-with-send/>

### A guide to supporting pupils through bereavement –

see section 10: Supporting pupils with additional needs

<https://www.seesaw.org.uk/wp-content/uploads/2020/04/SCHOOLS-PACK-PDF-1.pdf>



### HAND-IN-HAND Supporting children and young people who have a learning difficulty through the experience of bereavement booklet:

[https://schools.essex.gov.uk/pupils/Educational%20Psychology%20Service/Documents/S eeSaw\\_handinhand.pdf](https://schools.essex.gov.uk/pupils/Educational%20Psychology%20Service/Documents/S eeSaw_handinhand.pdf)

### Managing Bereavement: A Guide for Schools – special educational needs p48

<https://www.childbereavementuk.org/Handlers/Download.ashx?!DMF=4b13d694-2038-4918-90b3-13c06100aafb>

### Guidelines that can be used by practitioners, families and carers to ease the process of breaking bad news to people with learning difficulties:

<http://www.breakingbadnews.org/>

### Video link from Child Bereavement UK:

[Supporting a bereaved child with autism spectrum disorder](#)