

ADVICE AND SUPPORT FOR BEREAVEMENT



At this difficult time, it might be that you need some advice or support for dealing with the issue of death of a family member, neighbour or friend. As well as "Covid 19" life's difficulties continue and whereas parent's might have asked for help from school, you may find that you are not sure where to turn. We are available -teachers will always respond to emails and if you need to talk to your child's teacher about this issue, it may be possible for them to call you back. (All teacher email are on the website or via the office) Please do not feel you are alone.

Bereavement is always a difficult and painful thing for families and children to deal with at any time. It is especially difficult at the moment as the usual systems and process for dealing with this have completely changed. The death of a family member at a distance is also very difficult at the moment and children will find this hard to negotiate.

There are lots of support groups and information out there. There are some links that you might find helpful. You might know someone who could use this information so please feel free to pass it on. **YOUNG MINDS AND FAMILY LIVES** offer support for anxiety and worries about the Lockdown and help for families or individuals who are struggling to cope with life at the moment.

The following links might be of use:

YOUNG MINDS:

https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/?gclid=EAIaIQobChMIyvKEsMb-6AIvIaztCh0QSAvXEAAAYASAAEgLDqvD_BwE

CRUSE:

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

FAMILY LIVES:

<https://www.familylives.org.uk/advice/your-family/family-life/coping-with-bereavement/>

WINSTON'S WISH

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

CHILDHOOD BEREAVEMENT NETWORK:

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

THE NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

THE MAYOR OF LONDON: *This page has lots of helpful links including some specific support related to faith:*

<https://www.london.gov.uk/coronavirus/how-cope-bereavement-and-grief-during-coronavirus-outbreak>