

When Someone Important to you Dies

Supporting children and young people that have been affected by a bereavement due to Coronavirus

If your family has experienced the death of someone important to you due to Coronavirus you may need help supporting your children during this very difficult time as you will also be grieving.

It is important to understand that your children may have a lot of difficult emotions to deal with. The most important thing to remember about grief is that it affects different people in different ways, and all these feelings are normal.

There are different stages that can be experienced during grief and they can come at any time during our grieving process which does not have a time limit and can be experienced in any order. These include denial, anger, bargaining, depression and acceptance.

If you feel your child needs support here are some organisations that provide bereavement support services for children and young people.

Young Grief encounter	<p>Tips and resources for young people</p> <p>Monday-Friday 9am-9pm</p> <p>0808 802 0111</p> <p>020 8371 8455</p> <p>support@griefencounter.org.uk</p>
Hope again	<p>For young people living after loss</p> <p>www.hopeagain.org.uk</p>
Cruse Bereavement Care	<p>Tel 0808 808 1677</p> <p>9.30-5pm</p>
<p>The Mix</p> <p>[Ideal for young people who do not want to talk to people they know].</p>	<p>Essential support for under 25s</p> <p>www.themix.org.uk</p> <p>Tel: 0808 808 4994</p> <p>Also Includes information re drugs, relationships and mental health</p>

	<p>Crisis text line – can text THEMIX to 85258</p> <p>11am -11pm</p>
<p>Kooth</p> <p>Online support for young people</p>	<p>11 -25 years</p> <p>www.kooth.com</p>
<p>Support for children/families</p> <p>For children and young people (up to 25) and their families</p>	<p>https://www.childbereavementuk.org/</p>
<p>Bereavement, MIND:</p>	<p>https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/</p> <p>https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/</p>
<p>Care for the Family</p>	<p>https://www.careforthefamily.org.uk/family-life/bereavement-support</p>
<p>Winston’s Wish</p> <p>Supporting grieving children and their families</p>	<p>https://www.winstonswish.org/about-us/contact-page/</p>
<p>Childhood Bereavement Network</p>	<p>http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx</p>

Central London Community Healthcare NHS Trust is here to support your family if you live in Barnet, Brent, Ealing, Hammersmith & Fulham, Kensington & Chelsea, Westminster, Merton, Wandsworth or Richmond.

We are here to support you through this process. If you would like further support please contact your health visiting and school nursing advice line on 020 8200 2500 option 1 or email CLCHt.childhealthinformationhub@nhs.net The advice line is open 7 days a week 9am-5pm

We are developing our links with other services in each borough to offer your child or young person more direct support over the coming months.