



## Bereavement Advice and Support

With a worldwide pandemic we might sadly anticipate that many in our community will be affected by bereavement. It is crucial that we are proactive in our support of those affected, and this document outlines some of the avenues of support available to pupils, parents, staff and families:

The information on the Cruse website, specifically relating to Coronavirus, is a useful starting point: <https://www.cruse.org.uk/coronavirus/children-and-young-people>

### Children affected by bereavement

- Bereavement and grief are very difficult for children to understand, and they need guidance, support and space to comprehend what has happened. This may be even more difficult if families are in isolation, and funerals are limited.
- Families will want varying levels of support, depending on the specific circumstances and relationships.
- Key points for parents, family and school staff:
  - Honesty - be honest with children about what has happened. They will cope better if they know the truth.
  - Use simple, non-idiomatic, language i.e.: "Grandpa has died" rather than "Grandpa has gone away".
  - Allow them time to digest the information, and allow them space to ask their questions, even if this is difficult for other family members.
  - Get them to write down their thoughts and feelings.
  - Let them see that you are upset too - it's ok for them to see adults crying.
  - Allow them to laugh, that is ok even in sad times - they need to know that they can be happy too.
  - Seek help and guidance - there are lots of resources online

### Online Resources

[NHS guidance](#)

[Childhood Bereavement Network](#)

[Child Bereavement UK](#)

[Winston's Wish](#)

[Cruse Bereavement Care](#)

[Grief Encounter - supporting children and young people](#)

### Support services:

#### National Helpline:

- **0800 02 888 40** (Freephone. Monday – Friday, 9am – 5pm)

#### Child Bereavement UK:

- Email for bereavement support: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

#### Winston's Wish:

- ASK email support: [ask@winstonswish.org](mailto:ask@winstonswish.org)
- Crisis Messenger: Text WW to **85258** (available 24/7)

#### Cruse Bereavement Care:

- **0808 808 1677** (Monday and Friday, 9.30am to 5pm, and Tuesday, Wednesday and Thursday 9.30am to 8pm)
- [info@cruse.org.uk](mailto:info@cruse.org.uk)