## **Bereavement Support**

Unfortunately, over the next few weeks and months, some of our Keep Hatch children may encounter a bereavement of a close friend or family member.

Please see the links below to websites which can help you and your child deal with their loss.

Grief is a very personal experience, and every child and young person will experience it differently so it is recommended to give them space to deal with their feelings in their own way.

It is important to remember to take care of ourselves when supporting bereaved children and young people, and seek support from our own networks as necessary.

Please see below for a number of key websites offering support and information to bereaved children but additionally, if we can be of any additional support and help in school, please don't hesitate to contact us to let us know.



https://www.childbereavementuk.org/

Helpline 0800 02 888 40



https://www.cruse.org.uk/get-help/for-parents



https://www.winstonswish.org/coronavirus/

National Freephone Helpline\*: 08088 020 021 (open 9am – 5pm, Monday – Friday

## **Books that can Help:**

There are also many published books which can help children cope with grief and a list can be found at: <a href="https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/books-about-death#booksforchildren">https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/books-about-death#booksforchildren</a>