

# Bereavement and Mental Health Resources



This guide contains a list of organisations which provide support for mental health and bereavement. In addition, I have included a selection of specific publications and other resources that may be of help at this time. All the documents listed here, and additional resources, can be downloaded via the COVID-19 section of our website. This guide includes a range of materials suitable for children, young people and adults.

## Child Bereavement Network



[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

CBN supports professionals working with bereaved children and young people. The website contains

helpful information including resources which can be used to support children. Tel: 020 7843 6309

## Child Bereavement UK



[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

The website includes support materials for children and their families. Look under the 'Information and Support' tab for different themes. There is a helpline and calls from schools are answered by someone with classroom experience. Tel: 0800 02 888 40

## CRUSE Bereavement Care



[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

Bereavement counselling service for adults and children. They also produce excellent resources and helpful leaflets. CRUSE offers a 1:1 counselling service from nearly 200 local branches. Helpline: 0808 808 1677. Aimed at children and young people, [www.hopeagain.org.uk](http://www.hopeagain.org.uk) is a website run by CRUSE for children and young people who have been bereaved and want news and information designed specifically for them.

## Winston's Wish



[www.winstonwish.org.uk](http://www.winstonwish.org.uk)

Winston's Wish is a child bereavement charity which provides resources and support for children and families. Their website includes lots of good information and resources. Tel: 01242 515157.

## Education Support Partnership



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

The Education Support partnership is a charity dedicated to supporting teaching and support staff in education. They have produced a range of mental health resources, including short videos and tips on topics such as anxiety, grief, isolation and managing stress. They also run a dedicated confidential helpline Tel: 08000 562 561

## Fegans



[www.fegans.org.uk](http://www.fegans.org.uk)

Fegans is a Christian charity providing professional therapeutic services. They work holistically with families and schools offering a range of counselling and support services. Tel: 01892 538288

Mind



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

The website contains information on many different aspects of mental health. During this Coronavirus pandemic there is specific information about how to stay well, coping with going to work and young people and Coronavirus.

PAPYRUS



[www.papyrus-uk.org](http://www.papyrus-uk.org)

PAPYRUS is a suicide prevention charity. They have developed a guide to suicide prevention and intervention in schools and colleges. The guidance aims to equip teachers with the skills and knowledge necessary to support school children who may be having suicidal thoughts with [Save The Class](#) resources. It runs [HOPELINEUK](#) where advisers can talk with children or young people under 35 or others who are worried about them. Hopeline **Tel: 0800 068 41 41**

Your Space



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

Counselling and play therapy service working holistically with schools supporting vulnerable

children, both online and personally, to promote good mental health and resilience. **Tel: 01903 209991**

## Publications and Resources

### Faith at Home: 'Never the Same' - Church of England



A school leadership resource which explores issues and questions around grief, bereavement and loss in relation to the Church of England's Vision for Education. It includes reflection questions for you to consider as a school team.

### BBC Ideas



BBC ideas is a short factual video platform designed for over 18s. It contains a collection of short films on a huge range of topics which are designed to be thought-provoking. Some films are concerned with dealing with death and dying e.g. a short film by palliative care doctor, Karen Mannix who shares her views about the process of dying and the need to talk about it. Honest, thought provoking and moving.

### 'Death Grief and Hope' - Church Army



A publication from a Christian perspective which aims at giving young people

straight answers during the COVID-19 pandemic. It explores some of the difficult questions young people may be asking at this time.

### Diocese of Chelmsford

Has compiled a list of books that deal with issues of death, grief and bereavement.



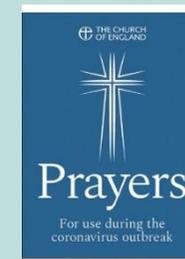
### Bereavement Guidelines - Diocese of St. Edmundsbury & Ipswich

A practical and useful document for school leadership, covering all aspects of dealing with bereavement in school.

### Diocese of Chichester

We have put together a brief document specifically for headteachers which provides some practical advice around communicating information about a death within the school community during this time.

### Prayers For Use During the Coronavirus Outbreak – Church of England



Please contact me if you need further support and advice. [rosemary.black@chichester.anglican.org](mailto:rosemary.black@chichester.anglican.org)