

## Talking to children about death

Unfortunately, lots of media coverage around the coronavirus focuses on the number of people dying from the virus. Children are likely to overhear this information on the news or be exposed to it through social media. This might cause children to feel very anxious about someone they know dying, especially if they have experienced bereavement themselves in the past. **Child Bereavement UK** have created an information sheet ([Information sheet](#)) offering advice around talking to children about the coronavirus and death. They also have a helpline that families can call, and an online chat service for bereaved families and young people.

<https://www.childbereavementuk.org>

Helpline for families and professionals: their Helpline continues to operate as normal, providing confidential support, information and guidance to families and professionals. The Helpline team is available to take calls and respond to emails and Live Chat 9am-5pm Monday-Friday (except Bank Holidays): 0800 02 888 40  
Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

## Grief and Loss

When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope, we've put together a list of resources to help you find support.

### Advice, support and guidance:

- Young Minds: Grief and loss - <https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>
- Young Minds: A Parents Survival Guide - <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>
- National Alliance for Grieving Children - <https://childrengrieve.org/resources/about-childhood-grief>

### If you live in Norfolk, the following support services are available to you:

- Nelson's Journey - <http://www.nelsonsjourney.org.uk> (Norfolk) Call: 01603 431788

To find out about bereavement support for your local area, the website below allows you to search by your locality:

- <https://www.charitychoice.co.uk/charities/family/bereavement>

**The following nationwide support services are also available to you:**

- **Child Bereavement UK** - <https://www.childbereavementuk.org/>  
Helpline: 0800 02 888 40
- **Grief Encounter** - <https://www.griefencounter.org.uk/>  
Call: 0808 802 0111 (Mon-Fri 9am-9pm) Email: [contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk)
- **Once Upon a Smile** - <https://www.oucesmile.org.uk>
- **Bereavement Support** - <https://www.careforthefamily.org.uk/Family-life/bereavement-support>
- **Winston's Wish** - [www.winstonswish.org.uk](http://www.winstonswish.org.uk)  
Freephone Helpline: 08088 020 021 (Mon - Fri 09:00 – 17:00)  
Email their ASK email service for free advice and support following a bereavement:  
[askmailbox@winstonswish.org.uk](mailto:askmailbox@winstonswish.org.uk)
- **Hope Again:** Cruse Bereavement Care's website for young people with information, vlogs, podcasts, videos and sharing personal stories - [www.hopeagain.org.uk](http://www.hopeagain.org.uk)  
Freephone helpline: 0808 808 1677 (Mon-Fri 09:30-17:00)  
Email for young people, they can send a private email to: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)
- **Survivors of Bereavement by Suicide (SOBS)** - [www.uksobs.org](http://www.uksobs.org)  
Support for people over the age of 18 bereaved by suicide  
Helpline: 0300 111 5065 (every day 09:00-21:00) Email: [sobs.support@hotmail.com](mailto:sobs.support@hotmail.com)
- **Local support group finder:** <https://uksobs.org/we-can-help/local-support-groups/find/>
- **Marie Curie:** Care, guidance and support for people living with any terminal illness and their families - [www.mariecurie.org.uk](http://www.mariecurie.org.uk) Freephone Support line: 0800 090 2309 and online chat, (Mon- Fri 08:00-18:00 & Sat 11:00 – 17:00)
- **YoungMinds Crisis Messenger**  
Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis  
If you need urgent help text YM to 85258  
All texts are answered by trained volunteers, with support from experienced clinical supervisors  
Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- **Samaritans** - [www.samaritans.org](http://www.samaritans.org)  
If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.  
Freephone (UK and Republic of Ireland): 116 123 (24 hours) Email: [jo@samaritans.org](mailto:jo@samaritans.org)
- **Childline** - [www.childline.org.uk](http://www.childline.org.uk)  
If you're under 19 you can confidentially call, email, or chat online about any problem big or small -  
Freephone 24h helpline: 0800 1111  
Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address  
Chat 1:1 with an online advisor