

**Grief is a healthy response to bereavement; it is part of the healing process. The suggestions below are intended as helpful resources to support you through this process.**

## Websites, Apps and Helplines

Simon Says is a local child bereavement support charity

- <https://www.simsays.org.uk/>

National childhood bereavement charity

- <https://www.winstonswish.org.uk>

Grief Encounter is one of the UK's leading bereaved child charities

- <https://www.griefencounter.org.uk>

Supporting children/young people with autism

- <https://www.autism.org/about/family-life/bereavement.aspx>

National information and signposting website for local support

- <https://www.ataloss.org/>

Website for teenagers

- <https://teenagegriefsucks.com>

For bereavement through suicide

- <https://uksobs.org/>
- <https://www.dougy.org>

Childline is a free and confidential service where you can talk about anything

- <https://www.childline.org.uk/> Childline Helpline – 0800 111

## Books

A comprehensive reading list can be found on the Simon Says website (<https://www.simsays.org.uk/suggested-reading/>), below is a selection

### For Pre-Readers and Children

- What happened to Daddy's body *Elke and Alex Barber*
- Is Daddy coming back in a minute *Elke and Alex Barber*
- Are you sad little bear *Rachel Rivett*
- I Miss You: A First Look at Death *Pat Thomas*
- The day the Sea Went Our and Never Came Back *Margot Sunderland & Nicky Armstrong (2005)*

### For Primary School Age

- Lifetimes *Bryanny Mellonie*
- The Invisible String *Patrice Karst*
- Love Never Dies *Clare Shaw*
- Help Me Say Goodbye: Activities for Helping Kids Cope When A Special Someone Dies *Janis Silverman*
- Finding a way Through When Someone Close has Died: What it Feels Like and What You Can Do to Help Yourself: A Workbook for Young People by Young People *Pat Mood & Lesley Whittaker*

### For Teenagers

- Deconstruction/Reconstruction Grief Journal for Teens *The Dougy Centre*
- Tough Stuff Journal: Someone has Died *Pete English* (via [www.ataloss.org](http://www.ataloss.org))
- Healing Your Grieving Heart for Teens: 100 Practical Ideas – Simple Tips for Understanding and Expressing Your Grief *Alan Wolfelt*

### For Parents/Carers and Adults

- The Little Book of Grief *Will Harris*

### Autism Specific

- How do People with Autism Grieve and How to Help *Deborah Lipsky*

### For children with special educational needs

- Remembering Lucy *Sarah Helton*

### For Families Bereaved Through Suicide

- Beyond the Rough Rock *Di Stubbs and Julies Stokes: Winstons Wish*
- A Special Scar *Alison Wertheimer*

## Parent/Carer Support

Simon Says Support Line

- 023 8064 7550

Support groups run by Simon says provide opportunities to meet other parents supporting bereaved children.

Widowed and Young

- [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk) local support groups and online network for those whose partner has died (under 50s, there is a way plus for older people)

<https://www.jonathanterry.co.uk/coping-with-bereavement/coffee-mornings/>

- Monthly coffee mornings

<https://www.bereavementsupportgroups.co.uk/>

- part of the co-operative funeral group who run regular support groups, coffee mornings and 1:1 counselling across the south.

## GETTING HELP

### Helplines

Simon Says Support Line

- 023 8064 7550

Child Bereavement UK Helpline

- 0800 028 8840  
Mon – Fri 9:00 – 5:00 or email [support@childbereavement.org](mailto:support@childbereavement.org)

Hope Again – Young Person's Helpline

- 0808 808 1677  
Mon – Fri 9:30 – 5:00 or email [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

Winston's Wish

- 0808 802 0021  
Monday to Friday 9:00 – 5:00

### Direct Support

GP's

Simon Says <https://www.simsays.org.uk/>

- Refer to Simon Says for child/young person to access a local support group

School Emotional Literacy Support Assistants (ELSA's) or School Pastoral Support Teams – speak with your School or College

Southampton Healthy Ambitions Service – Public Health Nurses

- <https://what0-18.nhs.uk/solent/school-nursing>

Education Psychology (referral via school)

- <https://www.southampton.gov.uk/schools-learning/support-education/education-psychology.aspx>

No Limits Counselling Service

- The service offers both online and face to face options. To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk) Alternatively go to <https://nolimitshelp.org>

Southampton City Directory of Services and Support provides details on services within the area that provide different levels of support and intervention

- [https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs\\_southampton\\_city\\_directory\\_of\\_services\\_and\\_support\\_v2\\_1.pdf](https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs_southampton_city_directory_of_services_and_support_v2_1.pdf)

### For Teachers

#### Books

Suggested reading for Teachers can be found on the Simon Says website

- <https://www.simsays.org.uk/suggested-reading/>

Remember Me: Guidance for School and Early Years Settings When Dealing with Childhood Bereavement, Loss and Critical Incidents *Wendy Ball, Susan Leathley, Jenny Nightingale (2004)*

Talking About Death and Bereavement in School: How to Help Children Aged 4 to 11 to feel Supported and Understood *Ann Chadwick (2011)*

Responding to Loss and Bereavement in Schools *John Holland (2016)*

#### Websites

<https://www.goodlifedeathgrief.org.uk> Includes a whole-school approach to supporting loss and bereavement

#### Training & Support

Please contact the Education Psychology (EP) Service and/or Simon Says who can deliver training and support regarding grief, trauma and loss to schools.

The EP service offer bookable phone consultations to Education Professionals who wish to discuss the needs of a child/young person in their school.

## BEREAVEMENT

### RESOURCES FOR YOUNG PEOPLE, PARENTS/CARERS AND PROFESSIONALS (CAMHS West)

Sadness or low mood following the loss of a loved one, or someone you know. May also be coupled with feelings of denial, guilt and relief. Grief is a healthy response to bereavement; it is part of the healing process

Low mood/sadness or other change in mood which is persisting and having an ongoing impact on a young person's ability to engage in daily activities. Might be evident in a child/young person isolating themselves from peers or friends over an extended period, eating less or overeating, having persistent difficulty sleeping or showing itself through anger.

Low mood or change in mood which is persistent despite other interventions/self help strategies and is having a significant impact upon a person's mental health which is impacting upon their ability to engage in daily activities. This may be seen in withdrawal from activities, feeling irritable and intolerant of others, tearful and feelings of hopelessness and helplessness. Physical symptoms may include disturbed sleep, aches and pains and lack of energy. There may be an impact on risk and young people might be experiencing thoughts of wanting to harm themselves.

## GETTING MORE HELP

Discussion with CAMHS West Team to be considered following interventions from bereavement services and if distress in child/young person is having a significant impact upon level of functioning and mental health

- Single Point of Access 023 8103 0061 / 0300 123 6661

If you, or someone you know is experiencing a crisis and needs urgent mental health support then you can call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk) and speak to the NHS Mental Health Triage Service. They provide advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.