









Bereavement

| Subcategory | Resource links | Image | Age rating |
|---|--|--|----------------------|
| Guidance on dealing with bereavement from the NHS. | Get help with grief after bereavement or loss - NHS (www.nhs.uk) |  | Parents |
| Information about creating a world that nurtures and protects children and young people following trauma. | Traumatic Bereavement for children & young people UKTC (uktraumacouncil.org) |  | Teachers and Parents |
| Supporting children through grief | For schools Cruse Bereavement Care |  | Teachers and Parents |
| Understanding grief | https://www.cruse.org.uk/understanding-grief/ |  | Teachers and Parents |
| Ideas to help young people cope with grief | Dealing with loss and bereavement (annafreud.org) |  | All |
| Help and support for children, young people, parents, and families dealing with grief | Child Bereavement UK |  | All |

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| <p>Help and support for children and parents dealing with bereavement</p> | <p>Helping Children With Bereavement St Giles Hospice</p> |  | <p>Parents and Students</p> |
| <p>How to cope when bad things happen.</p> | <p>When bad things happen Royal College of Psychiatrists (rcpsych.ac.uk)</p> |  | <p>Students</p> |