



Support and information for children and young people who are grieving and dealing with loss due to coronavirus

Losing someone important to you is one of the hardest things to experience in life and the unexpected loss of a loved one due to coronavirus can be particularly upsetting. We want you to know that support and help are available for you during this difficult time.

What is grief?

Grief is a natural emotional response when you lose someone close to you. The loss of a loved one affects everyone in different ways and you may feel a whole range of emotions including sadness, anger, confusion and shock or nothing at all.

Whatever you are feeling, there are support services available that can help:

Hope Again

- For information, videos and stories to cope with grief, [visit their website](#)
- To talk to someone, call **0808 808 1677** (Monday to Friday, 9.30am to 5pm)
- You can also send a private email to hopeagain@cruse.org.uk

Childline

- Free, private and confidential service where you can talk about anything and [get more information on how to cope when someone dies](#)
- To talk to someone, call **0800 1111** (seven days a week, 9am to midnight)
- You can also [chat online with a counsellor](#)

How do I say goodbye when a funeral isn't possible?

Requirements around social distancing may mean that you are unable to go to the funeral of a loved one during coronavirus. There are charities that can support you to say goodbye when going to a funeral isn't possible:

Grief Encounter

- For support with remembering a loved one who has died, [visit their website](#)
- To talk to someone, call **0808 802 0111** (Monday to Friday, 9am to 9pm)
- You can also [chat online](#) or email griefftalk@griefencounter.org.uk

Winston's Wish

- For advice on other ways of saying goodbye and to support you in making the experience special and deeply meaningful, [visit their website](#)
- To talk to someone, call **0808 802 0021** (Monday to Friday, 9am to 5pm)
- You can also email askmailbox@winstonswish.org.uk



Where can I get help to support my emotional wellbeing and mental health?

Kooth

- For helpful articles or talk with other young people online, [visit their website](#)
- You can also [use their live chat service](#) (Monday to Friday, noon to 10pm, Saturday and Sunday, 6pm to 10pm)

The Mix

- For support, articles and videos to help you take on any challenge, [visit their website](#)
- To talk to someone, call **0808 808 4994**
- You can also use their [webchat counselling service](#) (seven days a week, 4pm to 11pm)

Young Minds

- To find help, including creative art projects and blogs from people who have also lost a loved one, [visit their website](#)
- For urgent help, you can also text 'YM' to **85258** for free 24/7 mental health support

Who can I contact in a crisis?

Samaritans

- To talk to someone, call **116 123** (24 hours a day, seven days a week)
- For more information and support, [visit their website](#)

The NHS Single Point of Access Line

- To talk to someone, call **0800 0234 650** (24 hours a day, seven days a week)
- You can also email cnw-tr.spa@nhs.net

Can my GP/Doctor help?

Your GP/Doctor may be able to provide you further help and support or refer you to bereavement counselling or child and adolescent mental health services (CAMHS).

[Visit the NHS website](#) for more information.