



# Support and information for parents and carers whose children have been impacted by bereavement through coronavirus

We appreciate that this is a very difficult time and the unexpected loss of a loved one due to coronavirus can be particularly distressing for families. We want to reassure you that support and information is available to individuals and families in need.

## What are the symptoms of bereavement, grief and loss?

According to the NHS, bereavement, grief and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel. These feelings may not be there all the time and powerful feelings may appear unexpectedly.

For more information on grief after bereavement or loss, please [visit the NHS website](#).

## Bereavement support for families and young people

Bereavement affects everyone in different ways and can be very painful and confusing, particularly for children and young people. During this time, it's also important that you support and take care of your mental health so you can, in turn, best support your children.

You can access support and information for you and your family through the following:

### Central London Community Healthcare (CLCH)

- For bereavement support from the health visiting or school nursing teams, call their advice line on **020 8200 2500** and select option 2, (9am-5pm, seven days a week)
- You can also email them at [CLCHt.childhealthinformationhubkcwf@nhs.net](mailto:CLCHt.childhealthinformationhubkcwf@nhs.net)

### CCIWBS

- For bereavement and loss counselling in North London, please [visit their website](#)

### Cruse

- For a broad range of guidance on bereavement, including easy-read fact sheets, [visit their website](#)
- You can contact their free national helpline on **0808 808 1677** or email them at [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

### The Compassionate Friends

- For support for bereaved parents and their families who have suffered the death of a child or children of any age, [visit their website](#)
- You can contact their helpline on **0345 123 2304** or via their [online support](#)



### Child Bereavement UK

- For information to help families, children and young people (up to the age of 25) when child grieves or when a child dies, [visit their website](#)
- You can contact their helpline on **0800 028 8840**, via [their Live Chat](#) (Monday to Friday, 9am to 5pm), or email [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

### Stillbirth and neonatal death (Sands)

- For support during your time in hospital and making arrangements following the death of your baby, [visit their website](#)
- You can contact their helpline on **0808 164 3332** or email [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

### Lullaby Trust

- For bereavement support to anyone affected by the sudden and unexpected death of a baby or young child, [visit their website](#)
- You can contact their helpline on **0808 802 6868** or email [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

### Who can my family or 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](mailto:cnw-tr.spa@nhs.net)

### Accessing specialist medical help for your children

Your GP/Doctor may be able to provide further help and support for your child or refer them to bereavement counselling or child and adolescent mental health services (CAMHS). [Visit the NHS website](#) for more information.



### How to say goodbye when attending a funeral isn't possible

Coronavirus has changed the way that funerals can be carried out. The following organisations can support your family in saying 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](mailto: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) or email [askmailbox@winstonswish.org.uk](mailto:askmailbox@winstonswish.org.uk)

It may be helpful for families to plan a deferred celebration or memorial service for their loved one which could be held after the social restrictions are lifted at a time when attendance and shared mourning can safely take place.

For information, guidance and advice on registering deaths, funeral arrangements and further bereavement support, visit the [Westminster](#) or [RBKC](#) webpages.

### General information

#### Talking to children about coronavirus

It's easy to feel overwhelmed by everything you are hearing about coronavirus right now. Children might find it difficult to understand what they are seeing online or on TV – or hearing from other people.

For information on how to talk to your children about coronavirus, visit the [Westminster](#) or [RBKC](#) Family Information Service webpages.

For resources and information that may be useful for families with children and young people who have special educational needs and disabilities, including easy-read guides about coronavirus, visit the [Westminster](#) or [RBKC](#) SEND Local Offer webpages.

#### Mental health and wellbeing support

For general support with your mental health and wellbeing, please call your GP or visit the [Westminster](#) or [RBKC](#) websites. Visit the [Gov.uk website](#) for more guidance on supporting children and young people's mental health and wellbeing during coronavirus.

**For further information on coronavirus,  
visit the [Westminster](#) or [RKBC](#) websites.**

