

## SUPPORTING BEREAVED CHILDREN DURING THE OUTBREAK OF COVID-19

The outbreak of Covid-19 means that many aspects of our lives have changed. School is closed for most, lots of families are working from home, and we are all having to spend more time apart. The news is full of talk of the virus and the effect it is having.

Many children and young people will have questions and worries about the virus, but those who have experienced the death of someone important or who have an ill family member might be particularly worried.

This paper has been created to provide information to help professionals feel more informed about how best to support children, young people and their families with bereavement.

### UNDERSTANDING OF DEATH

The nature of a child and young person's understanding of death and bereavement will be different at different stages of development. Although a person's grief is individual, their understanding of the loss of a loved one progresses as they mature.

The Cruse Bereavement Charity have produced information about the most common understandings of death by children and young people at certain stages of their development.

[0-12 Years](#)    [Teenagers](#)

Bereavement can be an overwhelming experience for people of any age. What are the particular issues for children? [Bereavement in Childhood](#)

### GUIDANCE

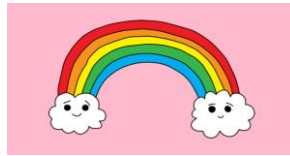
[Child Bereavement UK](#) have developed a Schools' Information pack. This pack aims to provide support and information when a death occurs in the school community or if the school is facing an expected death.

[Winston's Wish](#) have developed a guide to support grieving children and young people in education.

[Winston's Wish](#) have produced guidance on topics including talking to bereaved children about coronavirus, telling a child that someone has died from coronavirus, and saying goodbye when a funeral isn't possible.

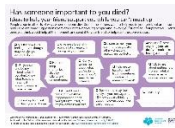
[Child Bereavement UK](#) have guidance films and information to support families and schools in supporting children during the outbreak, including staying in touch with someone who is seriously ill, supporting bereaved children during difficult times and supporting pupils.

Cruse Bereavement Care have produced some [tips about talking to children](#) among their wider resources about [grief and coronavirus](#)



## RESOURCE IDEAS

The Childhood Bereavement Network have developed cards that bereaved young people can use during the lockdown to reach out for support from their parent/ carers, families, friends and school. [See the suggestions](#)



## LOST FOR WORDS

Many bereaved children are left lost for words by death, others simply haven't enough words to express themselves. This resource shares supportive words and emojis from children who know how it feels. Download [Lost for Words](#)

## BOOKS

Even the bravest of the brave and the coolest of the cool worry. Worrying is normal when so much has changed. Check out this brilliant FREE e-book. [Everybody Worries](#)

Winston's Wish, Child Bereavement UK and Elsa Support have created a list of books, which they have found helpful when working with children, young people and their families.

[Winston's Wish](#)    [Child Bereavement UK](#)    [ELSA SUPPORT](#)

## RESOURCE PACKS

ELSA Support have developed a resource pack that can be downloaded. [Bereavement Support Pack](#)

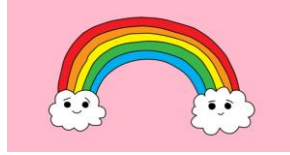
[Winston's Wish](#) have activities to download.

## ART THERAPY

[Ella Masters](#) is a Freelance illustrator with 15 years' experience as well as a background in special needs teaching and Art Therapy. Ella's 365project is a daily drawing project to help her cope with the grief of losing her younger brother.

## FREE LEAFLETS FOR YOUNG PEOPLE AND THEIR CARERS

[Mood Juice - Self Help Guide](#)  
[Cruse Bereavement Care](#)  
[Teenagers Guide](#)



## WEBSITES AND HELPLINES

Child Bereavement UK : Helpline, counselling, information and support.

NSPCC: Helpline, information and activities for children.

The Compassionate Friends: Helpline, supporting adults after the death of a child.

Grief Encounter: Information and helpline.

Marie Curie: Helpline for terminal illness.

Cruse Bereavement Care: Resources, information and helpline, supporting people who have been affected by the pandemic especially.

Winston's Wish: Information, books and resources for helping children with bereavement, including information and support on how to deal with current difficult issues, such as not being able to attend funerals.

Lullaby Trust: Bereavement support after the passing of a baby or child.

Young Minds: Wealth of information including downloadable guides and links to further help.

The Good Grief Trust: Bereavement support and information.

Mind: Mental health support during coronavirus and bereavement support.

Give us a Shout: Text helpline.

Samaritans: General listening support. 116 123

Papyrus: The national charity dedicated to the prevention of young suicide.

Hope Again: The youth website of Cruse Bereavement Care.

Childline: 'Calm zone' with activities and online games.

Kooth: Online counselling platform for children and young people.

Five Ways to Wellbeing: Resources to promote the importance of looking after ourselves.

Anna Freud: Apps delivering self-help strategies.

Anna Freud: An A-Z of self-care strategies to try.

## DERBYSHIRE EDUCATION PSYCHOLOGY SERVICE

### CRITICAL INCIDENT SUPPORT

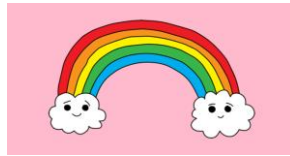
Derbyshire Educational Psychology Service provides timely support for senior leaders in schools when unexpected, traumatic events occur which are beyond the school's capacity to manage. The service continues to offer support for head teachers and senior leaders in schools to ensure the psychological wellbeing of the school community. In the current period of uncertainty due to coronavirus we have tailored our general Critical Incident support to adapt and respond to the new challenges schools are facing.

In case of a critical incident the school's Educational Psychologist can be contacted directly or an email sent to one of the office admin emails below. A psychologist will then get in touch with the school by the next working day, to identify what support is required.

[edpsych.adminBuxton@derbyshire.gov.uk](mailto:edpsych.adminBuxton@derbyshire.gov.uk)

[edpsych.adminChesterfield@derbyshire.gov.uk](mailto:edpsych.adminChesterfield@derbyshire.gov.uk)

[edpsych.adminDenby@derbyshire.gov.uk](mailto:edpsych.adminDenby@derbyshire.gov.uk)



## DERBY CITY (STePS) EDUCATIONAL PSYCHOLOGY SERVICE

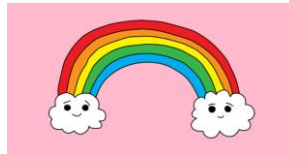
### CRITICAL INCIDENT SUPPORT

Derby City (STePS) Educational Psychology Service is ready to assist schools when unexpected and traumatic events compromise a school's capacity to manage. This will focus on support for leadership, staff and children/young people to support the psychological wellbeing of the whole school community. In the current period of uncertainty, a critical incident is more likely. Additionally, whilst we are struggling with the effects of this pandemic, our critical incident support can work alongside school staff with the potentially traumatic and upsetting effects of loss and bereavement.

Normally, the school's Educational Psychologist should be contacted directly, or through an email sent to [StepsAdmin@derby.gov.uk](mailto:StepsAdmin@derby.gov.uk) – or, if urgent, telephone: (STePS) ADMIN 01332 641400

**CAMHS Specialist Community Advisors:** provide consultations to all professionals from statutory, community and voluntary organisations, about the mental health and well-being of child or young person. Each locality within Derbyshire has a dedicated Specialist Community Adviser. See below for their contact details.

AREA	NAME	Tel No	Email address
Erewash North & South	Amanda Selby, Clinical Lead	07768 671397	<a href="mailto:amanda.selby1@nhs.net">amanda.selby1@nhs.net</a>
Southern Derbyshire	Dawn Wain	07717 782268	<a href="mailto:Dawn.wain@nhs.net">Dawn.wain@nhs.net</a>
Amber Valley & South Dales	Rachael McIlwrick	07917 243130	<a href="mailto:Rachael.mcilwrick@nhs.net">Rachael.mcilwrick@nhs.net</a>
Derby City locality 1,2 & 5	Sonia Simpson-Brown	07833 927241	<a href="mailto:Sonia.simpson-brown@nhs.net">Sonia.simpson-brown@nhs.net</a>
Erewash and Southern Derbyshire	Angela Jordan	07787 274992	<a href="mailto:angela.jordan6@nhs.net">angela.jordan6@nhs.net</a>
Amber Valley and City locality 3&4	Miriam Krepa	07717 538764	<a href="mailto:Miriam.krepa@nhs.net">Miriam.krepa@nhs.net</a>
High Peak and North Dales	Sam Jones, Team Lead North	07900 243 578	<a href="mailto:samantha.jones27@nhs.net">samantha.jones27@nhs.net</a>



Chesterfield Nth, Staveley & Brimington	Natalya Van Steenbergen	07766 697 940	<a href="mailto:natalya.vansteenbergen@nhs.net">natalya.vansteenbergen@nhs.net</a>
Bolsover and North East District:	Sophie Tipple	07825 995 967	<a href="mailto:sophie.tipple@nhs.net">sophie.tipple@nhs.net</a>
Dronfield, Eckington and Clowne:	Marie North	07899 962 773	<a href="mailto:marienorth@nhs.net">marienorth@nhs.net</a>

The **Targeted Intervention Community Triage (TICT)** has been set up as an interim service to direct referrals to a range of community providers offering additional 1:1 targeted interventions to support CYP across Derbyshire who are registered with a Derbyshire GP and are experiencing low to moderate level mental health needs at this particularly difficult time. Targeted Interventions including 1:1 therapeutic counselling and 1:1 peer support sessions via multi-media platforms can help children and young people experiencing depression, low mood, bereavement, stress, panic or anxiety and aim to enable CYP to cope better and prevent further escalation of issues.

To make a referral please complete the [online referral form](#). An experienced therapist will contact the CYP / or parent to complete a triage assessment and make individualised recommendations and appropriate onward referrals

If you need further guidance about the TICT offer and process, please contact your local CAMHS Specialist Community Adviser.

None COVID-19 related referrals can continue to be made into the **Build Sound Minds service**.

**For self-help**, direct children, young people, their parents and carers to and local information about support available via the Derby and Derbyshire Emotional Health & Wellbeing Website: [www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)