

# Sheffield Psychology Board

Respect

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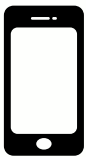
## Sheffield Covid-19: Supporting children with grief after bereavement

The way Covid continues to impact on our lives is making grieving harder.. Supporting a child or young person following the death of someone close can feel so difficult, especially if you are also grieving. As with adults, grief can bring a range of feelings for children and young people. However, they seem to express grief differently, often dipping in and out of different emotions and reactions quickly. It is natural to want to protect them from the pain and sadness.



**There is no normal or 'right' way to grieve**

We are however here to help and support you. We've listed below a variety of different sources of help for you to support a child through grief. If you are part of a young person's usual support, your relationship with them has an important role to play in supporting them after someone has died. This support can include acknowledging what has happened, letting them share their feeling, using clear language and trying to have a routine.



**I would like to talk to somebody about how I can help my child...**

**0800 048 5224**

Listening Ear is a freephone helpline (Monday to Friday 10am - 5pm), offering support, advice and guidance to anyone over the age of 11 in Sheffield, who is registered with a GP in South Yorkshire and is bereaved during the Covid-19 crisis.

**0808 802 0021**

Winston's Wish offers therapeutic advice following a bereavement. The helpline provides bereavement support for parents, carers and professionals who are looking for childhood bereavement advice and support.



**I would like online help and support...**

**<https://www.childbereavementuk.org/>**

Child Bereavement UK - has information and videos on how children and young people grieve and how to help. Mon - Fri 9am-5pm, email service, helpline and online chat.

More support information over the page





## My child is really struggling with their emotional wellbeing following bereavement ...

### Find a GP

Your GP can help you with where to get further advice and support for both you and your child.

**116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

The Samaritans provide a confidential 24 hours listening and support service for children and adults who are generally feeling stressed and struggling.



## I want to know what other support is available...

<https://www.sheffieldccg.nhs.uk/Downloads/Our%20Projects/Childrens/lets%20talk.pdf>

Let's Talk Directory is a wellbeing and mental health services guide for children and young people in Sheffield.

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Sheffield Children's Hospital has resources created specifically to support emotional wellbeing for children and families.

<https://www.sheffieldmentalhealth.co.uk/covid/>

The Sheffield Mental Health Guide features a host of information about support that is available across the city around adult mental health services, children and young people's mental health services and general support.



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Sheffield Children's **NHS**  
NHS Foundation Trust

**NHS**  
Sheffield Health and  
Social Care  
NHS Foundation Trust

**NHS**  
Sheffield  
Teaching Hospitals  
NHS Foundation Trust

**NHS**  
Sheffield  
Clinical Commissioning Group

Sheffield  
City Council

**saffron**  
Sheffield Women's Counselling  
and Therapy Service

**Share**  
Excellence in Psychotherapy

**SYEDA**

**mind**  
for better mental health  
Sheffield

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