



## COVID-19: Bereavement and how to support young people

We send our deepest sympathy and condolences to the families that have lost a relative or friend during this difficult time. The Coronavirus has brought profound changes for our society and sadly, profound sadness for our students at the loss of a loved one.

Supporting our young people through bereavement in normal circumstances is an immensely difficult challenge, even more so in this current climate. Children and young people will undoubtedly have questions about the process of what happens next, and find it difficult to process what is going on.

We want to aid parents and carers as much as we can in supporting their children with bereavement, so we have put together the below lists and links of agencies or charities which offer guidance or signpost you to resources that you may find useful.

The pastoral team at Horsforth School is committed to providing holistic support for our students during this period and there is a range of things that we can offer, so please do not hesitate to get in touch with us at school if you have any needs, questions or wish for some more direct signposting or possible referrals to agencies to support mental health. We work closely with Horsforth Children's Services who will support you and your child directly and our mental health champion, Mr Strongman is available remotely and on school site at set times.

Please email the [pastoralhub@horsforthschool.org](mailto:pastoralhub@horsforthschool.org) to contact us.

- **Child Bereavement UK –**

- A national organisation aimed at parents and professionals to help guide young people through the bereavement process. This should always be the first port of call for parents and professionals.
- **0800 02 888 40** their phone line is operating as normal and is available 9am-5pm Monday to Friday.
- <https://www.childbereavementuk.org/>
- There is also this YouTube video created by Child Bereavement UK to help guide parents and carers in talking to children about the outbreak - [https://www.youtube.com/watch?v=SFm-SXeJwI8&feature=emb\\_logo](https://www.youtube.com/watch?v=SFm-SXeJwI8&feature=emb_logo)

- **Childhood Bereavement Network –**

- The following link will take you directly to the information page focused on resources to help support young people and their families through a difficult period, specifically in relation to Covid-19. Areas of support include.
  - Keeping in contact with those that are serious ill.
  - Talking to children about bereavement and the coronavirus.
  - How to say goodbye and funeral arrangements
- <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>