

Loss and Grief Resources and Supports

(Please click on the hyperlinks to access information)

Children and Young people

[A whole school approach to loss and grief:](#) guidance to support practitioners to increase their knowledge and understanding on the subject of bereavement, loss, and change and how to support children and young people through this.

[Child Bereavement UK:](#) hosts a range of child and youth resources, and useful information for adults supporting children and young people.

Hope Again: Cruse Bereavement Care's website for young people experiencing grief. <https://www.hopeagain.org.uk/>

[When People Die-Stories from Young People:](#) A comic that tells numerous stories about death and resilience from a group of young people. The comic helps readers gain a different perspective on grief and what grieving means for young people.

Winston's Wish: Giving hope to grieving children and young people
<https://www.winstonswish.org/>

[UK Trauma Council:](#) provide free, evidence-based resources to support schools, colleges and practitioners working with traumatically bereaved children and young people.

Adults

[Grief After Bereavement:](#) A poster resource sharing information on healthy ways in which we can manage our grief. Available to [download](#) and in various languages. Copies can be ordered free from our [Public Health Resource Directory](#) (under subject mental health)

[Support around Bereavement \(NHS Education for Scotland\):](#) provides educational resources, information and guidance to those who work with the bereaved in Scotland.

[Supporting LGBT+ people around bereavement:](#) An educational leaflet for health and social care staff on addressing issues and challenges faced by LGBT+ people who are bereaved.

Helplines/Supports

At a Loss: A national signposting website with everything bereaved people in the UK need in one, trusted place, which signposts them easily to support (national, specialist and local services) reliable information, resources and emergency support.
[AtaLoss.org: UK wide bereavement signposting and information website | Find Support Now](https://www.ataloss.org/)