

## Loss and Grief Resources and Supports

### 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.

[Education Scotland](#): Supporting children and young people through bereavement. For all education practitioners find out how learners can be supported through bereavement and resources that are available for practitioners, families and learners.

[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.

[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)

[PAMIS' Bereavement and Loss Learning Resource Pack](#): is free for families and carers of people living in Scotland with profound and multiple learning difficulties.

[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/Resources/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.