



# Where can I get help?

Thinking about grief during a pandemic...

## I'm worried about...

## Things that could help...



Staying connected when someone is seriously ill

The Invisible String by Patrice Karst is a children's book that describes the connections between people, even at a distance. See: [www.youtube.com/watch?v=c02LBBtAI](https://www.youtube.com/watch?v=c02LBBtAI)

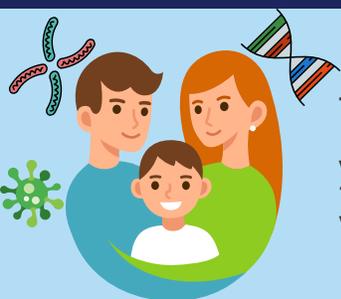
Childhood Bereavement Network - [www.childhoodbereavementnetwork.org.uk/media/10250](http://www.childhoodbereavementnetwork.org.uk/media/10250)



Not being able to attend the funeral of a loved one

Nelson's Journey - [www.nelsonsjourney.org.uk/covid-19-funeralguidance/](http://www.nelsonsjourney.org.uk/covid-19-funeralguidance/)

Winston's Wish - [www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/](http://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/)



Talking to children and young people about the virus

The British Psychological Society Guide - Google talking to children about illness

Beyond Words is a guide for families and carers - <https://booksbeyondwords.co.uk/downloads-shop/when-someone-dies-from-coronavirus>



Not knowing enough about loss and bereavement in general

Child Bereavement Network [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

Child Bereavement UK [www.childbereavementuk.org](http://www.childbereavementuk.org)

Cruse Bereavement Care - [www.cruse.org.uk](http://www.cruse.org.uk)