

TELL ME ABOUT..

Loss Bereavement & serious illness

the facts

Every day more than a 100 children lose a parent. One in 25 of children and young people have experienced bereavement of a parent or sibling. Everyone deals with the feelings and emotions differently, and there is no right way to grieve.

But sometimes the feelings of loss, anger and depression can feel overwhelming and talking to a bereavement counsellor can help you accept what has happened.

The death of someone close is extremely painful but it is important to encourage young people to talk about their feelings, and not bottle things up.

Keeping to routines, such as mealtimes and bedtimes is extremely important and the decision whether to attend the funeral or when to return to school should be what is right for the child or young person.

Having a parent or close family member who is seriously or terminally ill can also be overwhelming. It can be hard to talk to those you are close to as you don't want to upset them more. Some people find talking to other children who are experiencing the same thing can help, others turn to a faith or church.

useful contacts

Winstons Wish

Tel: 08452 03 04 05

www.winstonswish.org.uk

Cruse

Tel: 0808 808 1677

www.cruse.org.uk/children/tips

Hope Again

Tel: 0808 808 1677

<http://hopeagain.org.uk/>

Marie Curie

Tel: 0800 090 2309

<https://www.mariecurie.org.uk/help/bereaved-family-friends/coping-grief-teenager>

Compassionate Friends (loss of a child)

Tel: 0345 123 2304

www.tcf.org.uk

Rainbow Trust (terminally ill children)

Tel: 01372 363438

<https://rainbowtrust.org.uk/about>

other contacts

Help on any other issues that affect young people can be found at:

CAMBS

<http://www.youthoria.org>

LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

NORFOLK

<https://www.whatsthedealwith.co.uk>

NATIONAL

www.youngminds.org.uk

IF YOU NEED HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.