Child Bereavement UK

Child Bereavement UK
REBUILDING LIVES TOGETHER

We are

Child Bereavement UK

We help families to rebuild their lives when a child grieves or when a child dies.

We offer free, UK-wide, accessible online grief support to children and young people (up to 25) who are bereaved or facing the death of someone important, and the parents and carers of babies and children who are dying or have died before their 25th birthday.

We also offer guidance and resources for those supporting bereaved families, whether a parent, family member or friend, as well as tailored advice, training and education programmes for professionals.



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Why we do what we do



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How we help

Information & Resources

Activities, books, blogs, videos and podcasts that explore themes of death, bereavement and grief. We have thousands of FREE pieces of digital content ranging from advice from bereavement support workers to real life accounts of grief from bereaved children and young people themselves.





Grief talks

Every month, our bereavement support workers run Q&As on how grief can impact different aspects of a young person's life.

Talks vary by topic and are personalised to either children and young people directly or supporting adults. People can join the talks live or download a pre-recorded session to watch at their convenience.



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How we help

Group support

Connecting children, young people and supporting adults who share similar experiences with one another through online groups facilitated by a support worker.

Immediate bereavement support

Instant access to a bereavement support worker by phone, email, text or live chat. No need to book an appointment and no long wait times. Children, young people and supporting adults can access and use the service as much and as often as they need.

One to one support

Some children and young people with additional needs and/or who are struggling with traumatic or multiple bereavements can access support from a bereavement support worker or counsellor (depending on need) over a number of weeks or months.





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How we help

A safe community of bereaved young people helping one another

We have an incredible 100+ strong team of Youth Ambassadors between the ages of 8 and 25, each with their own living experience of grief and bereavement.

Spread across the UK, this incredible team share their real-life experiences of grief in order to help inspire and give hope to other bereaved young people.

They also advocate for and campaign on behalf of bereaved young people for better bereavement support, including helping to shape our support services and reaching further afield by campaigning and lobbying government.





How to access support

Free helpline 0800 02 888 40

Text or WhatsApp us on 07418 341 800

Email ask@childbereavementuk.org

Live chat at childbereavementuk.org

Whether you're facing the death of someone important, are newly bereaved or have been grieving for some time, you can reach out to Child Bereavement UK whenever you need us. Our trained bereavement specialists are available to speak with Monday to Friday, 8am–8pm (excluding bank holidays).

Activities, advice and resources available at:

childbereavementuk.org

talkgrief.org - dedicated website for bereaved teenagers and young adults (13 to 25)

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Looking after your wellbeing as Medical Professionals …



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In working with grieving families, we all bring our own:

- hurts and losses: especially so if there are resonances / bruises
- thoughts and feelings about death
- experiences of people dying
- desire to care for others
- ability to reach out and involve ourselves (and inability, when overpowered by the tragedy of this particular death and our own sadness)
- current self: with all our other worries, concerns, pressures, busy-ness



Adapted from Arnold & Gemma, 1994

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What has the potential to compromise your wellbeing?

- Occupational factors
- Organisational factors
- Individual factors
- Outside factors e.g. challenges of the pandemic



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Looking After Yourself And Your Colleagues - Debrief Processes For Staff

- What support is available in your team?
- What is available in your region?

We can help with hot and cold debriefs – training

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Training

Contact the training team to discuss training relevant to medical professionals on training@childbereavementuk.org

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Thank you!

childbereavementuk.org

training@childbereavementuk.org



"Think of a time someone was grieving. What's one thing which was done/ one sentence that genuinely helped—or would have helped?"

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