

Bereavement

The **Barnardos Bereavement Helpline** is open **Monday to Thursday 10am – 12.00pm: 01 4732110**

- **How to tell children someone has died:** (British Psychological Society)
([https://www.psych.ox.ac.uk/files/research/how-to-tell-children-that-someone-has-died.pdf?ct=t\(EMAIL_CAMPAIGN_9_9_2019_10_26_COPY_01\)](https://www.psych.ox.ac.uk/files/research/how-to-tell-children-that-someone-has-died.pdf?ct=t(EMAIL_CAMPAIGN_9_9_2019_10_26_COPY_01))) – very helpful guide for a parent or guardian
- **Two new very valuable resources from the Irish Hospice Foundation:**
Grieving in Exceptional times: Video:
<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/grieving-in-exceptional-times/>

- **Helping Children Grieve during the Corona Virus Restrictions:**
<https://hospicefoundation.ie/wp-content/uploads/2020/03/Helping-Children-Grieve-COVID19-WEB.pdf>



- **Planning a funeral: New from Irish Hospice Foundation**
<https://hospicefoundation.ie/wp-content/uploads/2020/03/Funeral-in-exceptional-times-Updated.pdf>

Video: Planning a funeral UTube: <https://hospicefoundation.ie/wp-content/uploads/2020/03/Funeral-in-exceptional-times-Updated.pdf>



- **Other Bereavement links:**
Winston's Wish: How to say Goodbye when a funeral is not possible: <https://bit.ly/2UDPGjB>
 - <https://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people/>
 - <https://www.winstonswish.org/alternative-goodbyes/>