

# Cruse Bereavement Support NI

Helpful resources for bereaved children and young people  
(8-25 years old)

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

## Resource pack

We hope that you find our resource pack filled with tools and guidance helpful in supporting yourself as a bereaved young person to move forward on your grief journey. We always say that you never have to 'move on' from your loss, you only move forward whilst bringing all the love you still hold and the memories you created with your loved one with you.

Remember, our grief is as unique as we are, so it is important to discover and understand what type of grief support works best for you – we hope this pack can help with that. This resource pack has been created and edited by bereaved children and young people who understand and live true loss but who have also found little pockets and glimmers of hope throughout their journey. Below we have stated the resource areas we have chosen to cover in this guide:

**Books**

**Apps**

**Podcasts/  
Online Support**

**Useful Links**

**Practicing  
self-care & recognising  
when extra support may  
be needed**

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

## Books

As a bereaved young person, books can bring great comfort following the death of a loved one. They can offer a way to process difficult emotions, or the simple reassurance that you are not alone. Maybe, they can even offer a magical escape when grief becomes overwhelming. Find below a list of our recommended books ranging from under 8 to 16+:

### **BOOKS FOR AGE 8 YEARS**



#### **A Birthday Present for Daniel: A child's story of loss**

**By Juliet Cassuto Rothman, illustrated by Louise Gish, 2001**

Told by a young girl whose brother, Daniel, has died, she talks about how things have changed in the family. She also talks about the things she does when she is sad and how these differ from other members of her family. This book has small black and white pictures with minimal text but it conveys some important issues. It would be particularly useful to broach the subject of birthdays as it describes how the family remembered Daniel on his birthday.

#### **Luna's Red Hat: An illustrated storybook to help children cope with loss and suicide**

**By Emmi Smid, 2015**

This beautifully illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide. Suicide always causes shock, not just for the family members but for everyone around them, and children also have to deal with these feelings. The book approaches the subject sensitively and includes a guide for parents and professionals by bereavement expert Dr Riet Fiddelaers-Jaspers.

#### **Muddles, Puddles and Sunshine**

**By Diana Crossley, illustrated by Kate Sheppard, 2009**

Published by Winston's Wish, this hardback activity book offers invaluable practical and sensitive support for bereaved younger children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear.

#### **Mum's Jumper**

**By Jayde Perkin, 2019**

A simple and heartfelt book that looks sensitively at loss and grief through the story of a young girl losing her mother. Told by the girl, this book explores the emotions of grief, including fear and anger, and draws on the personal experience of the author. This book

can be used as a tool to introduce children to the concept of death, even if they haven't experienced it.

### [The Garden of Hope](#)

**By Isabel Otter, illustrated by Katie Rewse, 2019**

This story is about a little girl and her father who rebuild their lives and plant a 'garden of hope' after something happens: *'Things had changed since Mum had been gone...'*. Whether Mum has died or has left the family is not made clear. With some words added by the reader, this could be used in either situation and offers a comforting story of the two planting and growing together. The story features a BAME family and is for ages 4 to 10.

### [The Huge Bag of Worries](#)

**By Virginia Ironside, illustrated by Frank Rodgers, 1996**

Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can't get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages children to talk about their worries.

### [The Magical Wood](#)

**By Mark Lemon, illustrated by Maia Walczak, 2018**

This magical story sensitively offers children and families an opportunity to share the journey of its characters finding their way through grief. With its imagery and language exploring the themes of bereavement; this story offers children and families time and a safety within which to talk about death, loss and emotions.

### [The Invisible String](#)

**By Patrice Karst, illustrated by Joanne Lew-Vriethoff, 2018**

This accessible picture book offers a simple approach to coping with loss, loneliness or separation with an imaginative twist that children can easily understand. Even though you can't always be physically with your loved ones, there is an invisible string always connecting them to the people you love. A great tool for beginning conversations about death and for children who are dealing with loss.

### [The Little Flower Bulb: Helping children bereaved by suicide](#)

**By Eleanor Gormally, illustrated by Loki and Splink, 2011**

This book tells the story of Jamie, his mum and his twin sisters, and of how Jamie comes to deal with the death of his father. A beautifully illustrated book that will be helpful for parents when talking to children bereaved by the suicide of a close relative.

### The Scar

**By Charlotte Moundlic, 2012**

When the boy in this story wakes up to find that his mother has died, he is overwhelmed with sadness, anger and fear that he will forget her. He shuts all the windows to keep in his mother's familiar smell and scratches open the cut on his knee to help him recall her comforting voice. He doesn't know how to speak to his dad anymore, and when Grandma visits and throws open the windows, it's more than the boy can take – until she shows him another way to hold on to the feeling of his mum's love. With tenderness, touches of humour and unflinching emotional truth, Charlotte Moundlic captures the loneliness of grief through the eyes of a child, rendered with sympathy and charm in Olivier Tallec's expressive illustrations.

### The Sunshine Cat

**By Miriam Moss, illustrated by Lisa Flather, 1999**

Sunny the cat is loved by all his human family, but one day there is a knock at the door – Sunny has been killed in an accident. A sensitive story which aims to help children come to terms with death.

### Saying Goodbye to Daddy

**By Judith Vigna, 1991**

Clare's Dad died in a car accident and this book looks at changes in the family, difficult feelings, funerals and memories through the eyes of Clare. It would also be a good book to help parents understand the child's perspective. It gives good examples of how adults can answer children's questions, emphasising the need to be clear and honest.

### What Does Dead Mean? A book for young children to help explain death and dying

**By Caroline Jay and Jenni Thomas, 2012**

This is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Questions such as 'is being dead like sleeping?', 'why do people have to die?' and 'where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies.

### When Dinosaurs Die

**By Laurie Krasny, illustrated by Marc Brown, 1998**

This factual picture book uses cartoon dinosaurs to illustrate the text and comment on what is said. It is a bright and colourful book that explains death in a simple and unthreatening way. It covers many issues including 'why does someone die?', 'feelings about death' and 'saying goodbye'. It would be an excellent resource for anyone caring for young children.

### Where is Uncle Al?

**By Eva Hibbs, illustrated by Sarah Harrison, 2020**

Lily's uncle died before she was born but when she asks where he is, she receives confusing answers from members of her family until her sister helps her understand. Featuring a multicultural family, this lovely book could help with conversations about death and beliefs about life. It could also be adapted to help children talk about any member of their family who had died before the children were born.

### Lost For Words (E-Book)

**By Benjamin Brooks-Dutton, 2019: <https://www.ghll.org.uk/Lost-For-Words-Benjamin-Brooks-Dutton.pdf>**

The book – created to mark Children's Grief Awareness Week 2019 – is made up of quotes, advice and corresponding emojis crowd-sourced exclusively from children bereaved from birth to late teenage years. This book was conceived and edited by Benjamin Brooks-Dutton; author of the Sunday Times Bestseller *It's Not Raining, Daddy, It's Happy*; award-winning *Life as a Widower* blogger and chair of the Life Matters task force for bereaved families.

### The Wizard and I

**By Ciaran Milligan and Illustrated by Aurora Milligan**

The Wizard and I is a tale about the relationship between a young boy and a Wizard who lives at the bottom of the boy's garden. The Wizard is a significant figure in the boy's life, who offers guidance and support when times get difficult for the child. It then explores the theme of loss when one day the boy looks for the Wizard to get advice and the Wizard is no longer there.

## **BOOKS FOR AGE 9–12 YEARS**

### **Lifetimes: The beautiful way to explain death to children**

**By Bryan Mellonie and Robert Ingpen, 1998**

This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes. It clearly explains about life and death focussing on plants, animals and insects before moving on to people. It emphasises that death is part of the life cycle and is natural and normal whenever it occurs.

### **Only One of Me: A love letter from Mum, Only One of Me: A love letter from Dad**

**By Lisa Wells and Michelle Robinson, illustrated by Catalina Echeverri, 2018**

This tender and moving rhyming poem, with charming illustrations which is both a love letter to Lisa's own daughters and a testament to the unwavering strength of parental love, a timeless message for families facing the challenges of bereavement. Mother of two, Lisa Wells, was diagnosed with terminal cancer at the age of 31 and these two books grew from her determination to leave a lasting legacy for her daughters and her desire to help other families.

### **Michael Rosen's Sad Book**

**By Michael Rosen, illustrated by Quentin Blake, 2004**

This book is a simple but emotive story chronicling Michael's grief at the death of his son Eddie from meningitis at the age of 19. He talks about what sad is and how it affects him and what he does to cope with it. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feeling plain. It is wonderfully honest and will appeal to children and adults of all ages.

### **Milly's Bug Nut**

**By Jill Janney, 2002**

A short, simple story of a young girl who's Dad has died. It talks about the ups and downs of a family finding their way through bereavement and how things slowly get easier as time goes. Milly misses her Dad and things are just not the same anymore. She knows when people die, they can't come back but she still keeps a wish to see her Dad one more time.

### **My Sister Lives on the Mantelpiece**

**By Annabel Pitcher, 2013**

Told through the eyes of 10-year-old Jamie, this book sensitively tackles issues around grief, terrorism, racism and bullying. We meet Jamie in the midst of his family falling apart

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

after the traumatic death of his older sister Rose – her urn on the mantelpiece is the only constant in an otherwise unsettling life. His mother leaves, his father turns to alcohol, and Jamie and his sister Jasmine are left to fend for themselves. With surprising friendships and cunning plans, Jamie and Jas muddle through in the way that only children can.

### [The Cat Mummy](#)

**By Jacqueline Wilson, illustrated by Nick Sharratt, 2002**

Verity's Mum died the day she was born but she rarely talks about her. Verity doesn't want to upset her Dad or Grandparents. This humorous but sensitive story mainly focuses on Verity's missing cat Mabel but reveals some of the misunderstandings and anxieties children can have about death. It also shows it can be good to be open, honest and to talk about difficult issues.

### [The Secret C: Straight talking about cancer](#)

**By Julie A. Stokes OBE, illustrated by Peter Bailey, 2009**

This booklet is aimed at supporting parents or carers to explain to their child what cancer means and how it may affect their family and encourages open communication and questions about cancer within the family. Through pictures, captions and straightforward language, it explains how tumours are formed, what the various treatments are and how these may affect the person with cancer. It stresses the need to keep to family routines and, importantly, to still try and have fun. It is aimed at children aged 7 to 10 years and will work best when an adult is present to expand on the simple messages in the text.

### [What on Earth Do You Do When Someone Dies?](#)

**By Trevor Romain, 2003**

This book for older children is a factual guide, answering questions such as 'why do people have to die?', 'is it okay to cry?' and 'what is a funeral/memorial service?' It is written in a straightforward way, with practical tips, advice and information about different faiths and beliefs. It describes the strong, confusing feelings you might have and suggests ways to feel better. He tells you it's okay to cry, talk about the death, grieve, and go on with your life.

### [You Will Be Okay](#)

**By Julie Stokes, 2021**

The death of a parent, sibling or friend is one of the most traumatic experiences for a child or young person and it can be hard to know how to talk to them about it. In this honest, comforting and strength-building guide, Julie Stokes, a clinical psychologist and founder of childhood bereavement charity Winston's Wish, provides readers with the tools they need to navigate this tough and turbulent time.



## **BOOKS FOR AGE 13 – 16+ YEARS**

### **A Fault in our Stars**

**By John Green, 2013**

This is a moving and funny book about a young teenage girl, Hazel, who has been diagnosed with lung cancer and attends a cancer support group where she meets Augustus. The couple embarks on a rollercoaster of emotions, including love, sadness and romance, while searching for the author of their favourite book.

### **A Monster Calls**

**By Patrick Ness, 2015**

This moving fantasy novel is the story of a 13-year-old boy who is coping with the diagnosis of his mother's cancer. A book about stories and myths, about courage and loss and the fear of loss. Conor has the same dream every night, ever since his mother first fell ill, ever since she started treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window.

### **Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love**

**By Earl A. Grollman, 1993**

This book was written after the author spoke to thousands of teenagers and found they often felt forgotten after someone has died. Written in short, clear sentences that are easy to read, it covers feelings, different types of death and the future. This book gives the reader many options of what can happen, how s/he may feel, giving advice and reassuring readers grief is normal.

### **The Lost Boys' Appreciation Society**

**By Alan Gibbons, 2004**

Teenage life is difficult enough for Gary and John, but when their Mum dies in a car accident, things get steadily worse. John struggles to keep the peace as Gary goes off the rails, saying his new mates are now his family. With GCSE exams looming and his Dad going out on dates, things become unbearable for John. A gripping book exploring relationships and how different people react to life events.

### History is all you left me

**By Adam Silvera, 2017**

Griffin has lost his first love in a drowning accident. Theo was his best friend, his ex-boyfriend and the one he believed he would end up with. Now, reeling from grief and worsening OCD, Griffin turns to an unexpected person for help. Theo's new boyfriend. But as their relationship becomes increasingly complicated, dangerous truths begin to surface. Griffin must make a choice: confront the past, or miss out on the future.

### The Five People You Meet In Heaven

**By Mitch Albom, 2004**

This book follows the life and death of a ride mechanic named Eddie who is killed in an amusement park accident and sent to heaven, where he encounters five people who had a significant impact on him while he was alive.

### How to Carry What Can't be Fixed

**By Megan Devine, 2021**

An illustrated journal for meeting grief with honesty and kindness—honouring loss, rather than packing it away.

### It's Ok That You're Not Ok

**By Megan Devine, 2017**

Meeting grief and loss in a culture which doesn't understand. In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing.

### Grief Works: Stories of Life, Death and Surviving

**By Julia Samuels, 2018**

*Grief Works* is a compassionate guide that will inform and engage anyone who is grieving, from the 'expected' death of a parent to the sudden unexpected death of a small child, and provide clear advice for those seeking to comfort the bereaved.

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

**[The Baby Loss Guide: Practical and compassionate support with a day-by-day resource to navigate the path of grief](#)**

**By Zoe Clark-Coates, 2020**

Written by one of the world's leading baby loss support experts, *The Baby Loss Guide* is designed to help you navigate this complex issue. Whether you have personally encountered loss, or are supporting people through this harrowing time, this book provides practical and compassionate advice.

**[The Madness of Grief: A Memoir of Love and Loss](#)**

**By Reverend Richard Coles, 2021**

Whether it is pastoral care for the bereaved, discussions about the afterlife, or being called out to perform the last rites, death is part of the Reverend Richard Coles's life and work. But when his partner the Reverend David Coles died, shortly before Christmas in 2019, much about death took Coles by surprise. For one thing, David's death at the early age of forty-three was unexpected.

**[Dear Life: A Doctor's Story of Love, Loss and Consolation](#)**

**By Rachel Clarke**

As a specialist in palliative medicine, Dr Rachel Clarke chooses to inhabit a place many people would find too tragic to contemplate. Every day she tries to bring care and comfort to those reaching the end of their lives and to help make dying more bearable. Rachel's training was put to the test in 2017 when her beloved GP father was diagnosed with terminal cancer. She learned that nothing - even the best palliative care - can sugar-coat the pain of losing someone you love.

**[All That You Leave Behind](#)**

**By Erin Lee Carr, 2019**

An acclaimed documentary filmmaker comes to terms with her larger-than-life father, the late *New York Times* journalist David Carr, in this fierce memoir of love, addiction, and family.

**The Grief Survival Guide: How to navigate loss and all that comes with it**

**By Jeff Brazier, 2018**

Jeff Brazier has experienced bereavement in many forms: In his childhood, helping his two boys through the devastating death of their mother, Jade Goody, witnessing the anguish of his own mum when she lost both of her parents, and hearing the stories of his coaching clients who are coming to terms with loss.

**Beyond Goodbye: A practical and compassionate guide to surviving grief, with day-by-day resources to navigate a path through loss**

**By Zoe Clark-Coates, 2020**

Leading grief expert Zoe Clark-Coates examines the different losses we may endure in our lives, and provides the much-needed support that helps you navigate your own path through loss.

**The Adult Orphan Club: How I Learned to Grieve the Loss of My Parents**

**By Flora Baker, 2020**

Flora Baker was only twenty when her mum died suddenly of cancer. Her coping strategy was simple: ignore the magnitude of her loss. But when her dad became terminally ill nine years later, Flora was forced to confront the reality of grief. She had to accept that her life had changed forever. In *'The Adult Orphan Club'*, Flora draws on a decade of experience with grief and parent loss to explore all the chaotic ways that grief affects us, and how we can learn to navigate it.

**A Grief Observed**

**By C.S.Lewis, 2013**

*No one ever told me that grief felt so like fear.* Narnia author C.S. Lewis had been married to his wife for four blissful years. When she died of cancer, he found himself alone, inconsolable in his grief. In this intimate journal, he chronicles the aftermath of the bereavement and mourning with blazing honesty. He grapples with a crisis of religious faith, navigating hope, rage, despair, and love - but eventually regains his bearings, finding his way back to life.

**OTHER HELPFUL BOOKS (NOT DIRECTLY ABOUT DEATH)** There are a number of books that do not directly deal with death or bereavement but may help the reader face difficult feelings.

**Angry Arthur**

**By Hiawyn Oram, illustrated by Satoshi Kitamura, 2008**

It's time for bed but Arthur wants to stay up so he gets really angry. Every time someone tells him 'that's enough' his anger gets bigger and bigger and takes over the world until he wonders why he was so angry in the first place. A wonderful imaginative story that many children (and adults) will be able to relate to.

**No Matter What**

**By Debi Gliori, 2003**

A rhyming story with large, bright pictures about Small, a young fox who is feeling cross because no one loves him. Large, then reassures him that she'll love him no matter what. A fun and imaginative book that only briefly talks about death but would be a useful to help support a young child through difficult times.

**Nothing**

**By Mick Inkpen, 2006**

A 'little thing' has been stuck in the attic for so long, he has even forgotten its name. When the owners move house and leave him behind, he sets off on an adventure to discover who he really is. A lovely book about families and the feeling that you belong. It could be used in many situations, particularly with a child who is feeling unsettled.

**Something Else**

**By Kathryn Cave, illustrated by Chris Riddell, 1995**

Something Else doesn't belong and has no one to be friends with, until one day Nothing knocks at his door and although they seem very different, they get along and become friends. These unusual looking characters capture the feelings of young people in a sensitive and fun way. A lovely book that could reassure children who feel unsettled within their peer group.

**My Many Coloured Days****By Dr Seuss, 2001**

‘My Many Coloured Days’ is a book that can be used to help children begin to learn about emotions. The concept of this book is to teach children that there are no ‘bad’ emotions, that all feelings are ok and that we should welcome them.

**The Big Book of Blob Trees****By Pip Wilson, 2018**

The Big Book of Blob Trees features 70 different Blob trees that can be used as prompts to explore feelings. This unique collection of Blob trees with its range of different Blob characters is a fabulous way of opening up discussions about feelings and developing understanding of emotions, empathy and self-awareness.

There are also many books where death is not the main focus of the story but features bereavement or the main character has been bereaved. These include:

**A Little Princess****By Frances Hodgson Burnett, 2016****Bambi****By Felix Salten, 1988****Charlotte’s Web****By E. B. White & illustrated by Garth Williams, 2014****Danny the Champion of the World****By Roald Dahl, illustrated by Quentin Blake, 2016****Harry Potter and the Philosopher’s Stone****By J. K. Rowling, 1997**

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

James and the Giant Peach

By Roald Dahl, illustrated by Quentin Blake, 2016

Little Women

By Louisa May Alcott, 2018

Oliver Twist

By Charles Dickens, 1995

The Secret Garden

By Frances Hodgson Burnett, 2012

## Apps

We know in this day and age, smartphones are now a major aspect of our daily lives – especially for children and young people. We wanted to provide you with a list of free apps relating to grief and mental well-being which we hope can help you in some way. All of which can be downloaded on the App Store or Google Play.

### **1. Apart of Me (Recommended for 12+)**

A multi-award-winning therapeutic game which was co-created by experts in child psychology and bereaved young people. The app translates bereavement counselling techniques into a magical 3D world.

### **2. Grief Works – Self-love & Care by Julia Samuels, founder patron of Child Bereavement UK (Recommended for 12+)**

A complete 28-session compassionate course to help individuals to navigate and cope with their grief, including 30+ interactive tools for 24/7 support when it's needed most.

### **3. Untangle Grief Support (Recommended for 17+)**

Untangle helps you through the practical and emotional steps after a loss. This is offered in the form of being matched with an online support group and the Untangle team on-hand for support and advice. They also share the ability to connect with bereavement specialists such as funeral directors and financial advisors as well as posting weekly articles.

### **4. Grief: Support for Young People – Child Bereavement UK (Recommended for 11+)**

This app has been created by the professionals working at Child Bereavement UK and the bereaved young people they work with. They suggest that the app is for between 11–25-year-olds and it can also be used by friends, teachers, parents and professionals supported bereaved CYP. The app shares information about bereavement, grief, feelings and how CYP can help themselves on their grief journey.

### **5. Aloe Bud (Recommended for 4+)**

Aloe Bud is the all-in-one self-care pocket companion. It brings gentle awareness to self-care activities by using encouraging push notifications for things such as hydrate, move, breathe, rest, fuel and so on. An app which encourages mental well-being when grief can make the simple tasks feel overwhelming.

### **6. Headspace: Meditation & Sleep (Recommended for 4+) \*Not all areas of app are free**

Headspace is a guide to mindfulness for everyday life. It offers guided meditations surrounding topics such as stress, anxiety, sleep, focus and mind-body health.

### **7. Smiling Mind (Recommended for 4+)**

A free mindfulness meditation app developed by psychologists and educators to help individuals find balance in everyday life. They offer dedicated sessions for CYP between the ages of 3-19+.

### **8. Butterfly App (Recommended 4+)**

The Butterfly App was created for bereaved young people with creative suggestions and the promotion of self-care following the loss of a loved one. The app offers 4 functions including advice on how to make a memory box, inspirational quotes, mood music, yoga and other useful resources.

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022



## Grief Podcasts/Online Support

Many CYP express that listening to other individual's experiences of loss has been some of the most healing parts of their grief journey. Just the way we all have varied learning styles, podcasts/ reels/ Instagram lives can be alternative ways for us to learn how to cope with our grief and feel less alone. Check out our list of recommended podcasts and online support resources below – we suggest these would be for those post-primary age and above due to the unpredictability nature of topics shared on the podcasts. *All podcasts can be found on either Apple Podcasts, Google Podcasts or Spotify.*

1. **Help 2 Make Sense- By Winston's Wish:** <https://help2makesense.org/podcast/> - Episodes created by the Winston's Wish Team and bereaved CYP.
2. **The Grief Gang – Amber Jefferies (Instagram and podcast) @thegriefgangpodcast -** <https://podcasts.apple.com/gb/podcast/the-grief-gang/id1489821860> - Created by Amber Jefferies following the sudden death of her Mother at age 19 back in 2016. Amber hosts special guests to share their personal stories as a way to normalise grief as a topic of conversation.
3. **Grief Works – Julia Samuel:** <https://podcasts.apple.com/gb/podcast/grief-works/id1218890840> - Hosted by Julia Samuel – a grief psychotherapist with over twenty five years' experience of working with the bereaved – we hear stories from those who have experienced great love and loss – and survived.
4. **Grief Cast – Cariad Lloyd: (Instagram and podcast) @thegriefcast -** <https://podcasts.apple.com/gb/podcast/griefcast/id1178572854> - A weekly interview podcast where media personalities share stories about loved ones they've lost.
5. **On The Marie Curie Couch – Marie Curie UK:** <https://podcasts.apple.com/gb/podcast/on-the-marie-curie-couch/id1485563081> - Listen in as a host of well-known guests open up and share their experiences of grief and death in a therapeutic conversation with Marie Curie bereavement expert, Jason Davidson.
6. **Dead Parent Club – Kathryn Hooker and Emma Jones: (Instagram and podcast) @deadparentclubpodcast -** <https://podcasts.apple.com/gb/podcast/dead-parent-club/id1436488333> - The Dead Parent Club is a community of like-minded young adults all grieving a similar loss. Each week, Kat and Emma speak candidly about their own grief journeys and are joined by guests and experts with the aim to help you as you navigate this new normal.
7. **Spoken Grief – Shuma Rouf (Instagram and podcast) @spokengrief -** <https://podcasts.apple.com/us/podcast/spoken-grief/id1552751549> - Spoken Grief is here to unapologetically talk about grief. Your host, Shuma Rouf lost her mum in 2015. She is here to share her experience and stories from people of all walks of life.
8. **Living With Loss – Joe Bellman: (Instagram and Podcast) @livingwithlosspod -** <https://podcasts.apple.com/gb/podcast/living-with-loss/id1541569000> - Sat at the comfort of his kitchen table, Joe Bellman reflects candidly upon his own journey through grief and loss. Joe invites his guests to take part in a conversation that is difficult: to share their own stories and experiences – uncensored.

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

9. **What's Your Grief? – Eleanor Haley and Litsa Williams:**  
<https://podcasts.apple.com/gb/podcast/whats-your-grief-podcast-grief-support-for-those-who/id946757971> - In this podcast series Eleanor Haley and Litsa Williams, the two mental health professionals behind the grief website What's Your Grief, seek to leave no stone unturned in demystifying the complicated and sometimes crazy experience of living life after loss.
10. **Good Mourning Podcast – Sally Douglas and Imogen Carn: (Instagram and podcast)**  
**@goodmourningpodcast** - <https://podcasts.apple.com/gb/podcast/good-mourning/id1529978129> - Hosted by Sal and Im, Good Mourning is the support-group-in-a-podcast that is on a mission to normalise talking about grief, through compassionate conversations with honesty and humour.
11. **The Student Grief Network (Instagram and YouTube channel):**  
**@studentgriefnetwork** - A healing and inspiring space for university students experiencing grief. They have their own YouTube channel and free webinars to help those coping with grief whilst in higher education.
12. **Good Grief UK (Instagram): @goodgrief\_uk** - Online grief community membership and educational resources. They also offer free 'holding spaces' as online events to help CYP remember their loved ones.
13. **Somewhere For Us (Instagram): @somewhere.for.us** – Check out of Instagram page and give us a follow. We share content created by bereaved children and young people as a way to help you to feel less alone and encourage others to join the project.
14. **Life Death What (Instagram): @lifedeathwhat** - An account which share grief support, thoughts and feelings from bereaved individuals and experts world-wide.
15. **The New Normal Charity (Instagram): @tnncharity** – TNN is a peer-to-peer support charity that connects people through their grief and mental health.

## Useful Links

We want to share with you some useful links which we hope can offer you extra support when needed:



1. **Our Cruse Bereavement Support website:** <https://www.cruse.org.uk/>
2. **Cruse Bereavement Support - Effects of Grief:** <https://www.cruse.org.uk/understanding-grief/effects-of-grief/>
3. **Cruse Bereavement Support: Grief experiences - Cruse Bereavement Support**  
Understanding how the relationship shared or the circumstances surrounding the loss can affect the way we experience grief.
4. **Cruse Bereavement Support – Referral FAQs:** <https://www.cruse.org.uk/get-support/referring-cruse-faqs/>
5. **Hope Again – Our Youth website of Cruse Bereavement Support:** We offer support, advice and a type of signposting service solely online to bereaved children and young people, usually between the ages of 11-25 years old. We also offer an emailing service for bereaved young people to contact us, they will receive a reply from another bereaved young person. Hope Again was created by bereaved young people, for bereaved young people: <https://www.hopeagain.org.uk/>
6. **Hope Again – Somewhere For Us Project NI (2021-2024):** Project information and Youth Advisory Group application form here - <https://www.hopeagain.org.uk/somewhere-for-us-project>
7. **Growing Around Grief Model – Dr Lois Tonkin:** [BBC iPlayer - BBC Stories: Like Minds on BBC iPlayer | Facebook](#), [Growing-Around-Grief-Version-B.pdf \(winstonswish.org\)](#)
8. **The Ball and The Box Model – Lauren Herschel:** [Why grief is like a ball in a box \(hospiscare.co.uk\)](#), <https://www.hopefulwarrior.com/blog/2020/2/26/unpacking-grief-the-ball-amp-box-analogy>
9. **The Dual Process Model – Stroebe and Schut:** [The Dual Process Model - Funeral Guide](#)



We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

## Practicing self-care & recognising when extra support may be needed

### **Self-care, what is it and why does it matter on your grief journey?**

Self-care can be described as the things we put in place or practice to protect our mental and physical well-being. Effective self-care, meaning self-care which is right for you, can help to tackle stress and anxiety. It can also boost self-esteem whilst promoting resilience when things become overwhelming and tough to deal with.

Prioritising self-care within your grief journey could be that much needed healthy outlet for you. Self-care is not selfish and it's up to you what that might look like. Below we have listed some ideas you can try as a form of self-care:

1. Take time out to journal - writing your thoughts and feelings down in one place can be really empowering. It can also help to 'declutter' your busy mind.
2. Breathing exercises and meditation - you can download free apps or visit YouTube to find specific exercises or meditation techniques that are right for you.
3. Spend time outdoors - choose to re-connect with nature. Studies show that spending time outdoors can significantly improve mental well-being (an area which is massively impacted by grief).
4. Have a lazy day/ take a nap – it's important to re-charge, grief can be exhausting - if napping is your thing, take time out for that and don't feel guilty about it.
5. Spend time with your nearest and dearest - some people feel best supported in their grief when being around those who understand them best.
6. Binge watch your favourite TV show or movies - set time aside to chill and do something you enjoy, whether that's alone or with someone you love.
7. Make time to reminisce - some people find comfort in looking through photographs, eating their loved one's favourite food or going to a place you use to enjoy together.
8. Accept how you feel, no matter how that looks - give space to your grief and all the emotions that come with it. Losing a loved one is world-halting, your new thoughts and feelings are normal.
9. Write a letter to your loved one - put everything you wish you could say in one place. It's a lovely way to honour the bond you still share with them.

10. Read a book, maybe even a grief book - feeling connected to others who understand can really help to break the isolation which loss can create. Reading about grief can also help you to better understand your own thoughts and feelings.

### Understanding when extra mental health support may be needed

We know that grief can steal your hope leaving you feeling extremely isolated and overwhelmed after the death of someone special to you. As a result of this, some bereaved children and young people say they have tried self-harm or experienced suicidal thoughts due to how the loss is making them feel. We want you to know that if this is you, please do not feel alone in these thoughts and feelings. We also don't want you to feel shame or guilt for these experiences. It is ok not to be ok, but it's not ok to stay there. Although we understand there is no quick fix, it's important to find what is a healthy outlet for you in your grief.

We wanted to share with you some information in case you are ever experiencing these thoughts and behaviours and are in need of extra support:

- Call or email Samaritans for free, they are available 24/7. Contact details are: 116 123 (Phone) and 'jo@samaritans.org' (email)
- Contact your GP for an emergency appointment, if over 16. If not, ask a parent or guardian to do this on your behalf. Or, just contact them anyway to have a chat about how you are feeling right now.
- You could use the organisation 'Mind' urgent help tool (this is for people who need *immediate* support) - <https://www.mind.org.uk/need-urgent-help/using-this-tool/>
- You could look at the resource from 'Mind' called 'How can I cope right now?' - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/helping-yourself-now/#.XbwWKXd2vIU>
- Hopeline UK : 0800 068 4141 - A charity set up to help support people through their suicidal thoughts.
- Childline: 0800 1111 - You can talk to Childline online or on the phone at any time about any issue bothering you.

We also want to sign-post you to some specific resources for preventing self-harm and suicide:

- Papyrus – Suggestions for coping strategies: <https://papyrus-uk.org/wp-content/uploads/2018/10/Coping-Strategies.pdf>
- Papyrus – Examples of distraction techniques: <https://papyrus-uk.org/wp-content/uploads/2018/10/Distracton-Techniques.pdf>
- SupportLine - They have some really good information on their website which covers many issues that young people face. They also have an email system and helpline number: <https://www.supportline.org.uk/problems/self-injury-and-self-harm/>

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022

- Alumina - They offer a fantastic support system called 'Alumina'. This includes personal stories and an online forum where questions and conversations are started by other young people who have also self-harmed. They offer an online weekly support group which you can sign up for: <https://www.selfharm.co.uk/get-information/the-facts/what-is-self-harm>
- Self-Injury Support - This is a group set up specifically for females. They have created some facts sheets and advice pages on how to find distractions and encourage self-care: <https://www.selfinjurysupport.org.uk/Handlers/Download.ashx?IDMF=71207024-a856-401b-a409-6b8ff1f37c5e>
- Self-Harm and Me - YouTube clip created by BBC Radio 1 which features young people sharing their personal stories: <https://www.youtube.com/watch?v=cmyfoQZICBo>.
- Childline- They offer advice on self-harm coping techniques and ways in which to deal with stress: <https://www.childline.org.uk/info-advice/your-feelings/self-harm/>

Remember, there is no right or wrong way to grieve - no rule book to follow. Grief is a journey rather than a destination. We feel grief so deeply because we have loved and continue to love - grief is sadly the price we pay. Never forget that you are not alone in your loss. There is a community of young people across the world who have been and will be right where you are - navigating life without their special loved one. Find comfort in that fact but know that when it feels too heavy to carry, that you can reach out for support. You can find our contact details below.

If you'd like to offer any thoughts or feedback on this resource booklet, we'd love to hear your suggestions. Send us an email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)



## Cruse Bereavement Support have 7 branches throughout NI:

Belfast Branch:028 9043 4600

Armagh and Dungannon Branch:028 8778 4004

Newry and Mourne Branch:028 95531000

North Down and Ards Branch:028 9127 2444

Foyle Branch:028 7126 2941

Northern Branch:028 2766 6686

Omagh and Fermanagh Branch:028 8224 4414



If you have any questions or queries, please do not hesitate to get in contact with us:

### Eleanor Ellerslie – Somewhere For Us, Project Manager (CYP)



Eleanor.Ellerslie@cruse.org.uk



Mobile: 07950 531813

### Linda Warwick – Somewhere For Us, Project Coordinator (CYP)



Linda.Warwick@cruse.org.uk



Mobile: 07961 284353

### Ashleigh Maynard – Hope Again, Youth Consultant



Hopeagain@cruse.org.uk



[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**hopeagain**  
young people  
living after loss

We help people through one of the most painful times in life  
– with bereavement support, information and campaigning.

Charity Registration Number: 208078. A company Limited by Guarantee Number: 638709.

Copyright @ Cruse Bereavement Support – May 2022