

# Grief and Bereavement

**Some recommended resources - for information, comfort, solidarity - for now, or for future reference - for you, for friends, or for family.**



# “The weight of these sad times we must obey ....” (Shakespeare)

People die, whether there is a pandemic or not, and, sadly, the UK covid death rate has been exceedingly high - many have lost loved ones and are grieving.

If this includes you - then we offer you our deepest sympathy, and best wishes, and hope that these resources are a help and a comfort.

Please do let us know, so we can be aware.

If you are supporting someone who has been bereaved then we'd like to equip you with some resources that may help.

And, if you are not bereaved and not supporting someone who is, then please do still take a look. There is evidence that suggests that there is huge benefit in being informed and open and prepared in advance.

Grief is a personal journey - and everyone will need to find their way through it (there is no going round, over, or under it).

Shared human experience means that people can stand alongside each other, and also that there are resources that may be helpful. The following slides provide links to a series of recommended resources.

If you have been affected by today's material - get in touch with your tutor, with Rebecca Anderson, or one of the helplines.

# Recommended Apps and Podcasts

<https://www.mariecurie.org.uk/blog/six-apps-and-podcasts-for-when-youre-grieving/252888>

## Podcasts:

Grief Cast

Terrible, Thanks for Asking

H2MS (Help To Make Sense)

## Apps:

Apart of Me (award winning illustrated app)

Grief: Support for Young People



A range of blogs and practical tips about grief during covid:

<https://www.mariecurie.org.uk/blog/how-to-support-your-loved-one-if-you-cant-visit-them-in-person/270458>

<https://www.mariecurie.org.uk/blog/i-couldnt-even-hug-family-members-at-my-great-aunts-funeral-because-of-coronavirus/271239>

<https://www.mariecurie.org.uk/blog/ways-to-say-goodbye/200035>



## How video games can help us through grief

<https://www.mariecurie.org.uk/blog/video-games-to-help-with-grief/278671>

## How to support friends when distanced

<https://www.mariecurie.org.uk/blog/how-to-support-grieving-friends-and-stay-connected-in-distanced-times/276032>

## Some famous quotes

<https://www.mariecurie.org.uk/blog/nine-famous-death-quotes-i-joyfully-await-the-exit-and-i-hope-never-to-return/281841>



# MAKING A MEMORY BOX

[https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/11/Making-a-Memory-Box-HappifulKids-Comics.jpg?utm\\_source=HK%20on%20CD%20blog&utm\\_medium=Blog%20links&utm\\_campaign=HK%20Childhood%20Bereavement](https://cdn.memiah.co.uk/blog/wp-content/uploads/counselling-directory.org.uk/2017/11/Making-a-Memory-Box-HappifulKids-Comics.jpg?utm_source=HK%20on%20CD%20blog&utm_medium=Blog%20links&utm_campaign=HK%20Childhood%20Bereavement)

## Three Lessons on Loss and Grief

<https://www.psychologytoday.com/us/blog/mindful-anger/202008/three-lessons-loss-and-grief>





Cruse Bereavement Care: a national helpline with practical resources

<https://www.cruse.org.uk/>

Hope Again: Living After Loss - an associated website for young adults

<https://www.hopeagain.org.uk/>

Young Minds: Grief

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

The Mix: A Guide to Coping with Grief

<https://www.themix.org.uk/mental-health/looking-after-yourself/coping-with-grief-37813.html>

## Dying Matters

A national report in 2009 found that the UK's reluctance to talk about death or dying was having a negative impact on our health, our relationships, and our life choices. This led to the formation of Dying Matters, a national coalition of organisations committed to encouraging a new openness and promoting conversation about death.

As ever, it's good to talk.

Stay connected S6C!