

		Address / Website	Tel number / Email	Useful Information	Specific Covid-19 information
BEREAVEMENT	Coronavirus Bereavement Support Service (BACP)		T: 01274 594 594 (Mind in Bradford Guide Line number) 12pm-12am 7 days a week	Funded by CCG to help people who are grieving the loss of a family member or friends as a result of coronavirus. The service also offers support for other types of loss such as income or a job.	https://www.bradfordcravenccg.nhs.uk/news/new-coronavirus-bereavement-support-service-launched/
	Guideline (Mind In Bradford)	https://www.saferspaces.app/guideline	Online chat 12pm to 8pm		
	Bradford Bereavement Support	https://www.bradfordbereavement.org.uk/	T: 07946 131940 Mon to Fri 9:30am-1:30pm (leave message or text at other times) Email info@bradfordbereavement.org.uk		Wait of 2 weeks for first assessment (half hour on phone or Zoom) then a further 6 weeks for 12 telephone counselling sessions
	Cruse Bereavement Care	https://www.cruse.org.uk/get-help/local-services/yorkshire-and-humber/craven-and-bradford-district	01756 797799 Email helpline@cruse.org.uk		Due to the current situation concerning coronavirus (COVID-19), all our support is now provided over the telephone, until it is safe to return to normal working practices. The Craven & Bradford Office is closed but we can access messages remotely and will call people back. For those self-isolating if you rely on support from others while dealing with a bereavement our national helpline is open 0808 808 1677.
	West Yorkshire & Harrogate Grief and Loss Support Service	https://griefandlosswh.co.uk/	T: 0808 196 3833	Free service. For anyone suffering grief or loss, or worried about losing someone. Can self-refer or be signposted by another service	
	Marie Curie	https://www.mariecurie.org.uk/help/support/coronavirus	Befriending Line for people isolated & living with a terminal illness T: 07747 631097 The Support Line & Bereavement Helpline T: 0800 090 2309 Mon to Fri 8am-6pm Sat/Sun 11am-5pm Bank holidays 10am-4pm	Support line available in over 200 languages	Lots of support on website regarding end of life and bereavement during Covid-19 Sign up for Check-In and Chat service at https://www.mariecurie.org.uk/help/support/check-in-and-chat/chat-and-check-in-sign-up
	Hope Again	https://www.hopeagain.org.uk/	Mon to Thrs 9:30am-5pm 0808 808 1677 hopeagain@cruse.org.uk	At Cruse we can offer a safe, youth friendly space where young people can work through their grief in their own time and own way accompanied by a trained and experienced volunteer who will work individually with the young person over a period of 6-8 weekly sessions.	
	Winstons Wish	https://www.winstonswish.org/	Mon to Fri 9am-5pm 08088 020021	Supporting bereaved children, young people, their families & the professionals who support them	https://www.winstonswish.org/coronavirus/

Children, Young People

	National Association of Funeral Directors	https://nafdcovid19.org.uk/	0121 711 1343 Email info@nafdc.org.uk		Advice for funeral directors AND public during Covid-19 outbreak
Apps	Apart Of Me	Free on the iOS App Store and Google Play		Young people aged 11 and above who have a parent or relative who's died or is living with a terminal illness. Players explore a magical world, completing quests and hearing real stories from other young people. Designed by a child psychologist, the game uses counselling techniques to help players come to terms with their feelings. Players practise meditation, learn about different perspectives on what happens when we die, and explore their emotions.	
	Grief: Support for Young People	Free on the iOS App Store and Google Play		For young people aged 11-25 who've been bereaved. It can also be used by parents, teachers and friends who want to know more about providing support. The app was developed by a group of young people and charity Child Bereavement UK and has information about bereavement, coping with feelings, and finding support. It features short, easy to navigate information pages, and there's a notepad section to jot down feelings.	
PODCASTS		HOW DO I GET?	WHO'S IT FOR?	WHAT'S IT ABOUT?	
	Marie Curie Talkabout podcast	https://www.mariecurie.org.uk/talkabout/podcast			
	Griefcast	iTunes - https://podcasts.apple.com/gb/podcast/griefcast-with-cariad-lloyd/id1178572854 Acast - https://play.acast.com/s/griefcast	"It's bleak, but you'll laugh as well." In her podcast, writer and comedian Cariad Lloyd discusses how we deal with grief, featuring a guest comedian each week.	Griefcast tackles subjects we'd usually tiptoe around and faces them head-on. Using a little bit of humour, guests discuss their experiences of losing someone and the feelings that came with it. It covers perspectives on all sorts of different situations, inc losing a parent as a teenager or child, sibling loss, parent loss & the death of a child. There's even an episode on losing a dog.	
	Terrible, Thanks For Asking	TTFa.COM - https://www.tffa.org/ iTunes - https://podcasts.apple.com/gb/podcast/terrible-thanks-for-asking/id1126119288	For adults (sometimes there's strong language), who want to hear about and share in other people's experiences of grief.	In 2014, Nora McInerney lost her husband, her father, and miscarried in the space of a few weeks. After sharing her story with others, Nora was flooded with messages about other people's experiences, and the idea for a podcast was born. Each episode, Nora asks people to share their grief stories.	
	Help 2 Make Sense	Some podcast episodes can be found at Help2makesense.org , with the full list of episodes on iTunes.	Children and young people coming to terms with the death of a loved one.	Help 2 make sense is an online tool developed by child bereavement charity Winston's Wish to help young people experiencing grief. The tool features blog posts, advice, and a podcast series sharing the stories of young people who've coped with the death of a loved one.	