

		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	<p>01756 797799 Email helpline@cruse.org.uk</p>		<p>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.</p>
West Yorkshire & Harrogate Grief and Loss Support Service	https://griefandloss.wyh.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	<p>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</p>	Support line available in over 200 languages	<p>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</p>

Children, Young People

Hope Again	https://www.hopeagain.org.uk/	<p>Mon to Thrs 9:30am-5pm 0808 808 1677</p> <p>hopeagain@cruse.org.uk</p>	Through Cruse Bereavement. 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/	<p>Mon to Fri 9am-5pm</p> <p>08088 020021</p>	Supporting bereaved children, young people, their families & the professionals who support them	https://www.winstonswish.org/coronavirus/
National Association of Funeral Directors	https://nafdcovid19.org.uk/	<p>0121 711 1343</p> <p>Email info@nafdc.org.uk</p>		Advice for funeral directors AND public during Covid-19 outbreak

Apps

Apart Of Me	Free on the iOS App Store and Google Play		<p>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.</p> <p>Players practise meditation, learn about different perspectives on what happens when we die, and explore their emotions.</p>	
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	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	<p>iTunes - https://podcasts.apple.com/gb/podcast/griefcast-with-cariad-lloyd/id1178572854</p> <p>Acast - https://play.acast.com/s/griefcast</p>	<p>“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.</p>	<p>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.</p>
Terrible, Thanks For Asking	<p>TTFa.COM - https://www.tfa.org / iTunes - https://podcasts.apple.com/gb/podcast/terrible-thanks-for-asking/id1126119288</p>	<p>For adults (sometimes there’s strong language), who want to hear about and share in other people’s experiences of grief.</p>	<p>In 2014, Nora McNerny 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.</p>

<p>Help 2 Make Sense</p>	<p>Some podcast episodes can be found at Help2makesense.org , with the full list of episodes on iTunes.</p>	<p>Children and young people coming to terms with the death of a loved one.</p>	<p>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.</p>
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