

## Bereavement

This information is intended as a brief guide to some valuable eBook, Audiobook and internet resources on dealing with grief and loss. These can be downloaded for free from the Libby or Overdrive app (available from your app store).



### eBooks and Audiobooks available to download from Libby or Overdrive








	<p><b>The Essential Guide to Life After Bereavement</b> Mary Jordan Judy Carole Kauffmann eBook</p> <p><i>A supportive road map through the initial period of loss, and through the weeks and months that follow.</i></p>
	<p><b>101 Ways You Can Help</b> <b>How to Offer Comfort and Support to Those Who Are Grieving</b> Liz Aleshire eBook</p> <p><i>Invaluable advice on what to do (and what not to do) when a friend, co-worker, or relative suffers a loss.</i></p>
	<p><b>Aftershock</b> <b>Help, Hope and Healing in the Wake of Suicide</b> Candy Neely Arrington David Cox eBook</p> <p><i>A recovery book to encourage, support and provide knowledge and resources for those left in the wake of suicide.</i></p>
	<p><b>Why Did You Die?</b> <b>Activities to Help Children Cope with Grief and Loss</b> Erika Leeuwenburgh Ellen Goldring eBook</p> <p><i>This bereavement book contains simple, effective activities to help children and parents communicate about death and the grieving process.</i></p>

	<p><b>Help for the Hard Times Getting Through Loss</b> Earl Hipp L. K. Hanson eBook</p> <p><i>This title aims to help young people adapt and continue functioning after bereavement, and ways to keep their losses from becoming too overwhelming</i></p>
 	<p><b>Healing Your Grieving Heart for Kids Healing Your Grieving Heart for Teens 100 Practical Ideas</b></p> <p>Alan D. Wolfelt eBooks</p> <p><i>Both titles offer suggestions for healing activities that can help children and young people learn to express their grief and mourn naturally.</i></p>
 	<p><b>Grief Works Stories of Life, Death and Surviving</b> Julia Samuel Audiobook</p> <p><i>A compassionate guide that will inform and engage anyone who is grieving, and provide clear advice for those seeking to comfort the bereaved.</i></p>
 	<p><b>Life After Loss A Practical Guide to Renewing Your Life After Experiencing Major Loss</b> Bob Deits Steve Blane Audiobook</p> <p><i>With great compassion, Life After Loss provides helpful exercises for navigating the uncertain terrain of loss and grief.</i></p>

## Online bereavement resources, information and support available in Northern Ireland

Although many face to face counselling services are on hold due to the current situation, there is always help and advice available via phone, email and in some cases video calling. Some helpline services which are normally twenty-four hours may have reduced hours.

	<p><a href="https://www.nidirect.gov.uk/contacts/bereavement-service">https://www.nidirect.gov.uk/contacts/bereavement-service</a></p> <p>The nidirect Bereavement Service offers relatives a single point of contact for reporting a death to the Department for Communities, and also helps them access any other benefits to which they may be entitled.</p>
	<p><a href="http://www.hscbereavementnetwork.hscni.net/bereavement-care/">http://www.hscbereavementnetwork.hscni.net/bereavement-care/</a></p> <p>This service has been developed to provide information and guidance for those who care for and support dying people and their loved ones around the time of and after death. There is a list of Bereavement Organizations, and other helpful resources for the bereaved.</p>
	<p><a href="https://www.publichealth.hscni.net/publications/covid-19-bereavement-resources">https://www.publichealth.hscni.net/publications/covid-19-bereavement-resources</a></p> <p>The PHA have produced three downloadable booklets to help people who have experienced a bereavement during the COVID-19 pandemic period.</p> <ol style="list-style-type: none"> <li>1. Grief and bereavement</li> <li>2. Practical advice on dealing with those aspects of a death that may be different during the pandemic period</li> <li>3. Helping children cope with bereavement</li> </ol>
	<p><a href="https://www.cruse.org.uk/get-help/local-services/northern-ireland/northern-ireland">https://www.cruse.org.uk/get-help/local-services/northern-ireland/northern-ireland</a></p> <p>Support, advice and information to adults, children and young people and when someone dies, Cruse offers telephone, email and website support. Freephone national helpline and local services</p> <p>0808 808 1677 9.30 – 5pm Monday to Friday and until 8pm Tuesday – Thursday  <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p>

	<p><a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a></p> <p>Hope Again is Cruse Bereavement Care's website specifically for young people, where they can share advice and support for each other. Freephone national helpline and email support.</p> <p>0808 808 1677 9.30 – 5pm Monday to Friday and until 8pm Tuesday – Thursday <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a></p>
	<p><a href="https://pipscharity.com/">https://pipscharity.com/</a> (Public Initiative for Prevention of Suicide and Self Harm)</p> <p>PIPS charity provides support to individuals who are considering, or who have at some point considered, ending their own lives, and also to those families &amp; friends who have been touched by suicide.</p> <p>028 9080 5850 - Belfast 0808 808 8000 (Lifeline helpline number) <a href="mailto:info@pipscharity.com">info@pipscharity.com</a></p>
	<p><a href="https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies/">https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies/</a></p> <p>Childline is there to help anyone under 19 in the UK with any issue they're going through. The website also has a section dealing specifically with bereavement.</p> <p>0800 1111 9am - midnight (temporary hours) Email (create a free 'locker' account) 1-2-1 live web chat with a counsellor (from locker account)</p>
	<p><a href="https://www.bereavementadvice.org/">https://www.bereavementadvice.org/</a></p> <p>Bereavement Advice Centre offers free UK wide helpline and web-based practical information, advice, and signposting on the many issues and procedures that people face after the death of someone close.</p> <p>0800 634 9494 Monday – Friday 9am – 5pm</p>
	<p><a href="https://www.tcf.org.uk/">https://www.tcf.org.uk/</a></p> <p>A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of anyone who has lost a child or children of any age, from any cause.</p> <p>028 8778 8016 Northern Ireland Helpline Live web chat Monday 1 - 4 pm and Thursday 7 – 10 pm <a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a></p>

	<p><a href="https://www.barnardos.org.uk/what-we-do/services/child-bereavement-service-general">https://www.barnardos.org.uk/what-we-do/services/child-bereavement-service-general</a></p> <p>Belfast based advice and support to parents/carers of children and young people up to the age of 18 years who have been bereaved.</p> <p>028 9066 8333 <a href="mailto:cbsreferrals@barnardos.org.uk">cbsreferrals@barnardos.org.uk</a></p>
	<p><a href="https://northernireland.sands.org.uk/">https://northernireland.sands.org.uk/</a></p> <p>The UK's most well-known Stillbirth and Neonatal death charity is there to support all bereaved parents who have lost their babies, before, during or shortly after birth.</p> <p><b>Local befriender team Northern Ireland</b> 07740993450 <a href="mailto:NorthernIreland@sands.org.uk">NorthernIreland@sands.org.uk</a></p> <p><b>National Helpline</b> 08081643332 <a href="mailto:helpline@sands.org.uk">helpline@sands.org.uk</a></p>