


# Coping with bereavement

## Useful App

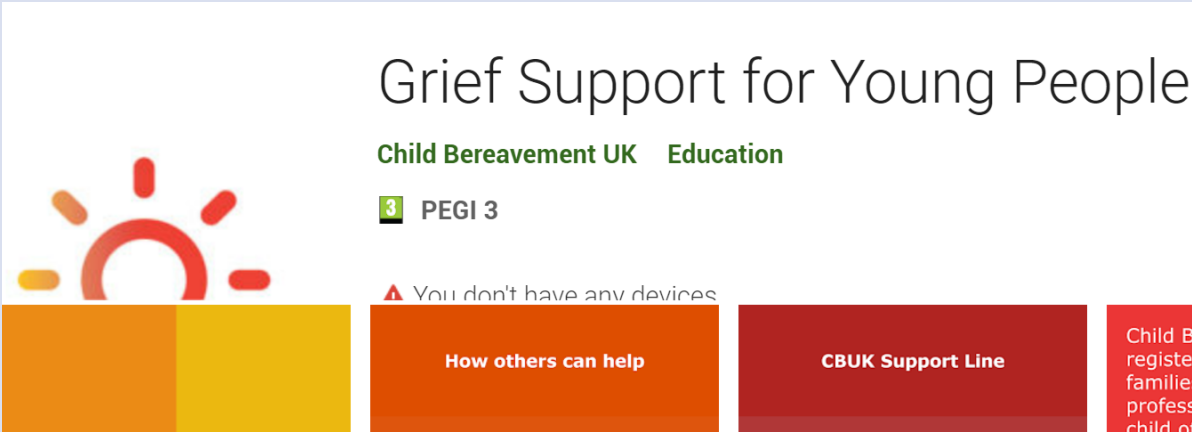
App Store Preview

This app is available only on the App Store for iPhone.



**Grief: Support for Young People** 4+  
Child Bereavement UK  
★★★★★ 4.0, 5 Ratings  
Free

## Google Store



**Grief Support for Young People**  
Child Bereavement UK Education  
3 PEGI 3  
⚠ You don't have any devices  
How others can help  
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## Useful Contacts

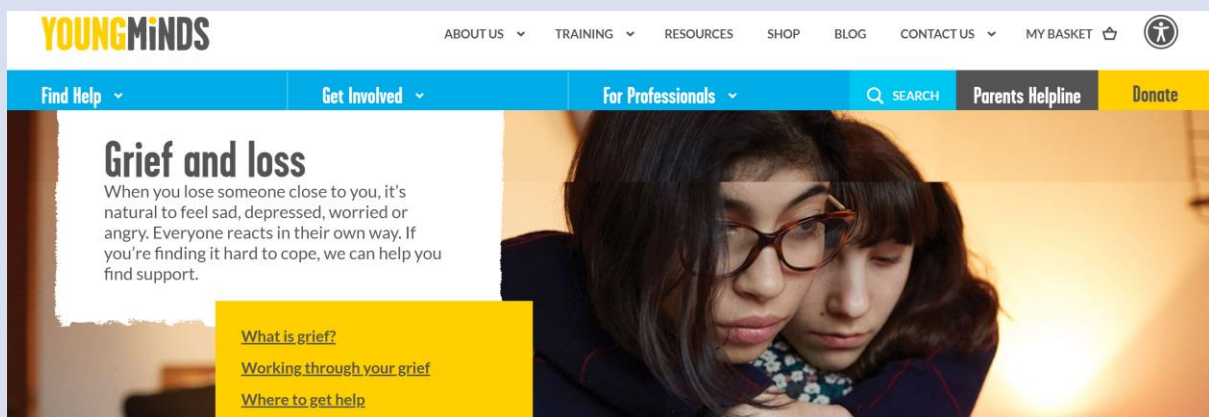
- [Cruse Bereavement Care Scotland](#) 🔗
- [Child Bereavement UK](#) 🔗 (support for young people and adults up to 25) - 0800 02 888 40
- [Childline](#) 🔗 – 0800 1111
- [Winston's Wish](#) 🔗 – 08088 020 021.

## Useful websites



The screenshot shows the Childhood Bereavement Network website. The logo is a blue flower-like shape with the text "Childhood Bereavement Network" and "Help around a death". The navigation menu includes "Schools", "Running a service", "Campaigns", "Research", "Shop", "About", "Jobs", and "Training". A green "DONATE" button is visible. The main content area features a large heading: "COVID-19: SUPPORTING BEREAVED CHILDREN AND YOUNG PEOPLE" and a sub-heading: "STAYING CONNECTED WHEN SOMEONE IS SERIOUSLY ILL". A sidebar on the left lists: "Practicalities", "About bereavement", "What you can do", "Planning ahead", "Major incidents", and "Lost for Words".

Click on the button to access the “Childhood Bereavement Network”



The screenshot shows the YoungMinds website. The logo is "YOUNGMINDS" in yellow and black. The navigation menu includes "ABOUT US", "TRAINING", "RESOURCES", "SHOP", "BLOG", "CONTACT US", "MY BASKET", and a user icon. A blue navigation bar contains "Find Help", "Get Involved", "For Professionals", "SEARCH", "Parents Helpline", and "Donate". The main content area features a large heading: "Grief and loss" and a sub-heading: "When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope, we can help you find support." Below the text are three yellow buttons: "What is grief?", "Working through your grief", and "Where to get help". The background image shows a young girl with glasses looking down.

Click on the button to access the “YoungMinds – Grief and Loss”



The screenshot shows the Young Scot website. The logo is "YOUNG SCOT" in a pink and yellow oval. The navigation menu includes "The Young Scot Card", "Get Informed", and "Discounts". The main content area features a large heading: "Grief, Bereavement and the Coronavirus (COVID-19) Outbreak".

Click on the button to access the “Young Scot – Grief, Bereavement”



I am grieving -  
How can I support myself

Click on the button to access the "Good Grief information"

