

Links to bereavement support

Contact Pete English for specific help pete@ataloss.org

Links

[Tough Stuff journal](#) email pete@ataloss.org

ataloss.org

cruse.org.uk (Hope Again support for young people)

childbereavementuk.org

winstonswish.org

mindandsoulfoundation.org (articles)

shaunlambert.co.uk (mindfulness)

littf.com (Living Life to the Full)

youngminds.org.uk

[Death, Grief & Hope booklet \(Church Army\)](#)

[Saying Goodbye when someone special dies– Royal Belfast Hospital](#)

And the [animation](#) (tissue warning!!!!)

[Postcards for children/young people](#)

[Coronavirus – a book for children illustrated by Axel Scheffler](#)

[Helping children to handle anxiety – Anna Freud Centre](#)

[Mentally Healthy Schools – Anna Freud Centre](#)

<https://vimeo.com/415406933>

<https://www.loudmouth.co.uk/about> - about who-are-we

[Extract from Faith At Home “never the same” guidelines C of E Education Department](#)

Book – “The Invisible String” [read on YouTube](#)

[Self care – Anna Freud Centre](#)

[What happens at a funeral useful video from Rosedale Funeral Home](#)

Continued...

- [Books Beyond Words](#)
- [Easy read series from Marie Curie](#)
- [Coronavirus, trauma & young people](#) UK Trauma Council
- [Elke Thompson's books for children](#)
- [Beyond the Rough Rock – explaining suicide to children](#)
- [Word “shapes” to explore emotions online or on a phone app](#)
- [Resources on ataloss.org website including books](#) use dropdown menu

STOP PRESS

Tough Stuff bereavement journal now available!

£5 plus p & p

FREE WORKSHEET DOWNLOAD NOW AVAILABLE

Email pete@ataloss.org

