

# Bereavement Resources

**\*Articles, helplines, websites, podcasts, etc\***

## Bereavement during the coronavirus pandemic

- [Coronavirus and bereavement](#)
- [That discomfort you are feeling is grief](#)
- [Grieving in exceptional times](#)
- [Supporting Yourself and Others - Coping with death and grief during the COVID-19 pandemic - The British Psychological Society](#)
- [Bereaved families feel isolates as they cope](#)
- [Grief in a pandemic – heart-breaking](#)
- [Reflections on grief from a personal and professional perspective](#)
- [My husbands death during the pandemic](#)
- [Grief and COVID-19: Mourning What We're Missing - YouTube](#)
- [Social Impact LIVE: Loss and Grief During the Coronavirus Pandemic - YouTube](#)
- [How to cope with grief, fear and anxiety during Corona | Brené Brown | SVT/TV 2/Skavlan - YouTube](#)
- [This pandemic erased my grief! - YouTube](#)
- [How to Grieve During a Pandemic - YouTube](#)
- [The UKs 26m bereaved suffer heightened grief](#)
- [Losing my mum in lockdown was a brutal lesson in the abject loneliness of grief](#)

## Talks

- <https://www.davidkesslertraining.com/six-elements-video>
- [The Adventure of Grief: Dr Geoff Warburton at TEDxBrighton - YouTube](#)
- [Good Grief, Coping with Loss: Dr Susan Delaney, Irish Hospice Foundation](#)
- [Coping with grief | The Loss Foundation](#)
- [How grief feels | Robbie Stamp | TEDxLondon - YouTube](#)

## Articles

- [Medical stories about our experiences of grief and loss](#)
- [Guilt and Grief: Making A Living Amends - Whats your Grief](#)
- [The role of guilt in grief - Care for the Family](#)

## Helplines

- **CRUSE** - 0800 808 1677
- **Samaritans** 116 123
- **LGBT Bereavement Helpline** 0300 330 0630
- **The Silver Line** 0800 470 80 90
- **Bereavement Trust** 0800 435 455

## Apps

- **Apart of Me** a game for children/young people 11+ who've had a parent or other close relative die

## Courses

- **The Bereavement Journey**

Developed at Holy Trinity Brompton, The Bereavement Journey is for anyone who's been bereaved at any time and in any way. As a series of films and discussion groups, the course gently guides bereaved people through the most common aspects of grief, enabling them to process the implications for themselves and discern next steps. Usually run by churches, the course uniquely offers a final session on faith questions in bereavement provided from a Christian perspective. This is optional, thus making it suitable for people of any faith, or none.

## Websites

- [www.cruse.org.uk](http://www.cruse.org.uk)
- [www.grief.com](http://www.grief.com)
- [www.ataloss.org](http://www.ataloss.org)

- [www.samaritans.org](http://www.samaritans.org)
- [whatsyourgrief.com](http://whatsyourgrief.com)
- [thegoodgriefproject.co.uk](http://thegoodgriefproject.co.uk)
- [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)
- [afterumbrage.co.uk](http://afterumbrage.co.uk) – holidays for recently bereaved
- **Grief UK - Home of Grief Recovery Method and Open Ears**
- **Grief during coronavirus | Marie Curie**
- **Pop Up Good Grief Cafes – The Good Grief Trust**
- [www.griefencounter.org.uk/about-us/grief-encounter-south-west/](http://www.griefencounter.org.uk/about-us/grief-encounter-south-west/)
- **Coping with bereavement and coronavirus | Age UK**
- [widowedandyoung.org.uk](http://widowedandyoung.org.uk) Help for those under 50 who have lost a partner/spouse
- **The Loss Foundation**
- **Coping with grief | The Loss Foundation**
- [Cuddlemekeepsakes.co.uk](http://Cuddlemekeepsakes.co.uk)
- **Bereavement UK**
- **Our Online Bereavement Support - a lifeline during lockdown | Sue Ryder**
- <https://uksobs.org> Survivors of Bereaved by Suicide
- **Child Bereavement UK**
- **Treehouse Wiltshire** – for children and young people under the age of 25
- **Winston's Wish**
- **The Silver Line**

### Video and film

- **Do Bereaved people need counselling?** - Susan Delaney
- **After Life - | Netflix Official Site**
- **We don't "move on" from grief. We move forward with it | Nora McInerny - YouTube**

### Podcasts

- **What's Your Grief Podcast?**

Grief Support for Those Who Like to Listen By Eleanor Haley & Litsa Williams  
Mental health professionals Eleanor Haley and Litsa Williams, the team behind the 'What's Your Grief' website examine grief in all its forms. The podcast is suitable for griever and grief professionals.



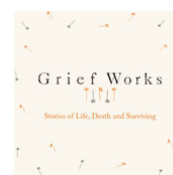
- **Grief Cast Podcast**

Hosted by comedian Cariad Lloyd this podcast features comedians talking about their own experiences of death and grief. The podcast combines intimate honest personal stories with humour.



- **Grief Works Podcasts**

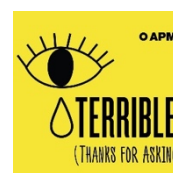
Grief Works Podcast by Julia Samuel  
This podcast is hosted by Julia Samuel, a grief psychotherapist with over twenty five years' experience. In each episode a bereaved person talks about their experience of loss and how they cope with bereavement.



- **Terrible, (thanks for asking)**

Podcast hosted by Nora McInerny, a self-described 'notable widow'. The podcast talks honestly (and with humour) about our pain and loss, see also her TED Talk, link below.

- **Grief is my superpower - Apple**
- **The Bereavement Room - Apple**
- **You, me and the big C – BBC Sounds**



- **Stuff You Should Know - Grief Episode**

An episode of the popular podcast 'Stuff You Should Know' focusing on the science and processes of grief and grieving.

