

Resources: For parents sharing sad news with their child during COVID

The following NEPS resources may be helpful for parents available at:

<https://www.education.ie/en/schools-colleges/services/national-educational-psychological-service-neps-/critical-incidents.html>)

[*Children's Understanding and Reaction to Death \(R6\) Stages of Grief \(R7\)*](#)

[*How to cope when something terrible happens \(R8\)*](#)

[*Reactions to a Critical Incident*](#)

[*Ways To Help Your Child Through This Difficult Time \(R12\).*](#)

Other Recommended Resources

[Barnardos \(www.barnardos.ie\)](http://www.barnardos.ie) provide a wide-ranging service to families including support around bereavement. Downloadable e-books both parents and children are available on their website as well as links to various services. A national [telephone support service for parents](#) is available in response to the challenges they are facing during the COVID-19 pandemic. Freephone **1800 910 123** (from 10am to 2pm, Monday to Friday). Barnardos also provide a [children's bereavement helpline service](#), for members of the public seeking information and support in relation to bereavement. Telephone **01 473 2110** (from 10am to 12pm, Monday to Thursday)

[The Irish Childhood Bereavement Network \(https://www.childhoodbereavement.ie\)](https://www.childhoodbereavement.ie) is a member organisation where families, professionals and schools can obtain information, guidance and support from various professionals. In addition to resources and supports, courses are available for professionals to develop their skillset in supporting bereavement.

[Winston's Wish \(www.winstonswish.org\)](http://www.winstonswish.org) is a British childhood bereavement charity with a very comprehensive website. Their COVID-19 page has useful resources, such as '[How to say goodbye when a funeral isn't possible](#)', '[Telling a child someone has died from coronavirus](#)' and '[Managing grief in isolation](#)'

[The Irish Hospice Foundation \(https://hospicefoundation.ie\)](https://hospicefoundation.ie) have developed practical and easily accessible materials for the Irish context, and include resources and supports available from organisations such as the HSE, DES and websites such as RIP.ie. There are also topic specific resources addressing issues such as '[Planning a funeral in exceptional times](#)', '[Grieving in exceptional times](#)' and '[Helping children grieve during COVID-19 restrictions](#)'

[Mencap](http://www.mencap.org.uk) have materials for explain loss and death to people with learning disabilities and includes literature for specific aspects such as '[What can I do to feel better](#)' and '[Going to a funeral](#)' (<https://www.mencap.org.uk/advice-and-support/dealing-bereavement>)

Supports for younger people

Childline (ISPCC) is Ireland's 24-hour national listening service for young people up to the age of 18. Freephone **1800 666 666** (any time, day or night). Text **50101** (from 10am to 4pm every day). Chat online at www.childline.ie (from 10am to 4pm every day).

The YourMentalHealth.ie website has information on all mental health supports and services available nationally & locally from the HSE and its funded partners. You can also call the freephone *YourMentalHealth Information Line* to find supports and services: **1800 111 888** (any time, day or night).