

NOVIO top tips

BEREAVEMENT

The normal grieving process consists of different stages:

Shock/disbelief; Denial/anger; Bargaining/depression;

Growing awareness and Acceptance

Everyone copes with these stages in a different way.

There are many agencies who can support at this difficult time.

www.winstonswish.org.uk

www.macmillan.org.uk

www.cruse.org.uk

Also see below other sites that may be of use.

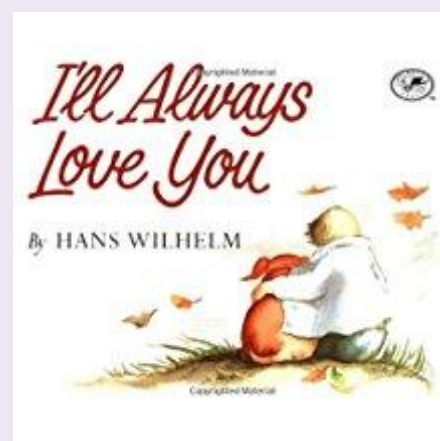
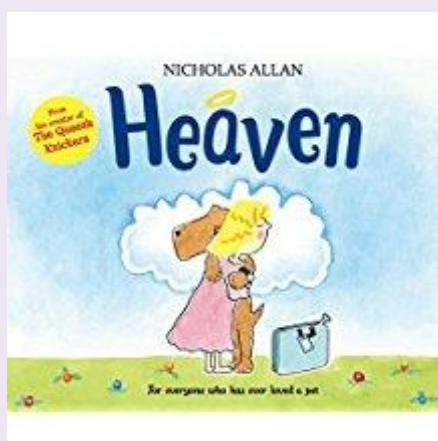
(Ctrl click to link you direct to their website).

- **Grief Encounter** provides free support to bereaved children, young people and their families

- **Widowed and Young** is a peer-to-peer support group for men and women aged 50 or under when their partner dies
- The **Child Bereavement Network** offer practical advice for parents and children
- **Gingerbread** has online tools for single parents
- **Turn2Us** has advice on benefits, grants or other financial support available to the recently bereaved

There are many books that also support children at this difficult time.

Here are some that have been used in schools.



Please let NOVIO know if you have used something successfully.