Bereavement Support service

22 February 2021

Information regarding the Bereavement Support service for 4 to 19 year olds living in Kent.

Like adults, the lives of children and young people have been turned upside down with schools, clubs and activities closing and opportunities to meet with friends restricted. Many young people are already feeling isolated, confused and lost; and losing someone you love suddenly and unexpectedly in this context can be particularly complex and hard to come to terms with.

Experiencing different emotions when grieving is normal and having someone to talk to about how you feel can be very helpful.

To support children and young people in Kent who experience complicated grief as a result of Covid-19 the Children and Young People's Counselling Service has been extended to include bereavement support. This offer has been specifically tailored to the different circumstances that children now find themselves in and the provision will aim to reduce the long term impact, particularly on emotional wellbeing and mental health, from this trauma event.

The service is for 4 to 19 years-old living in Kent who have lost a loved one to Covid-19. The programme of bereavement support will include the provision of strategies and information for families or carers to help them support their grieving child.

Children and young people's common reactions to grief and loss can include anxiety, sleep difficulties, sadness and longing, anger and acting out behaviour, guilt, self-reproach and shame and school problems. Some children might show regressive behaviour, social isolation, fantasies, personality changes, pessimism about the future, preoccupation with cause and meaning, as a result of being bereaved.

Referrals (including self-referrals) can be made through the Single Point of Access at the online portal or by calling 0800 0113 474. Please refer any child or young people that could benefit from the service.

Further information is available on the service website

There are a number of resources to support families to cope with bereavement and grief in The Education People's Practical and Emotional Wellbeing Support Following Bereavement guidance

Further information to support and resources to support children and young people's emotional wellbeing is also available on the KCC website. This includes coping with bereavement and grief.

There are a number of local and national Voluntary and Community Sector bereavement organisations that play a critical role in supporting children and families. Further information

is available in The Education People's Practical and Emotional Wellbeing Support Following Bereavement guidance