



Saint Augustine's School, Saint John of God Community Services



Resources for Children and Adults
on Bereavement



Books for Children



Books and Resources for
Parents/Teachers



Useful Websites

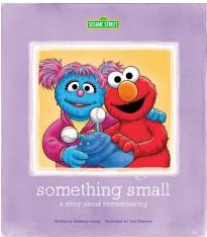
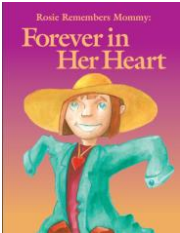
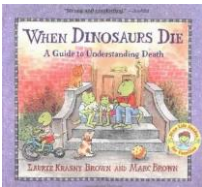



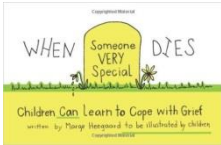
Counselling Services and
Support Groups



Books for Children

There are plenty of children's books available on death and bereavement. You will find books in your local library, on Amazon and in the children's book section of any bookshop. The choice of books for children with Intellectual Disabilities depends on their developmental age, their literacy and their language comprehension. The books suggested below contain lots of pictures and not a lot of text and are therefore suitable for children with ID

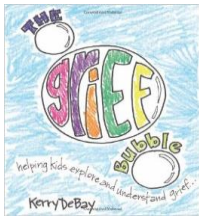
	<p style="text-align: center;">Sesame Street Something small: a story about remembering</p> <p>Very colourful, lots of nice pictures, contain familiar characters from Sesame Street and easy to understand language.</p> <p style="text-align: center;">Available to download free: http://www.sesamestreet.org/cms_services/services?action=download&uid=f2fe7111-710f-4562-865c-f81d957a752a</p>
	<p style="text-align: center;">Forever in her Heart - For a child who has lost their mother Rosie remembers Mommy</p> <p style="text-align: center;">Available to download free: http://www.nctsn.org/sites/default/files/assets/pdfs/ctg_Book_2015.pdf</p>
	<p style="text-align: center;">When Dinosaurs Die - A Guide to Understanding Death</p> <p>Very colourful, lots of pictures, little text, very clear in its messages.</p> <p style="text-align: center;">Available in bookshops and on amazon.co.uk</p>
	<p style="text-align: center;">Parenting Positively - Coping with Death - For Children aged 6 -12 Barnados/Family Support Agency</p> <p>Booklet explaining death to children. Excellent resource, however, quite wordy for many children with ID - but could be suitable for older children with ID with strong verbal abilities - provided by Barnados.</p> <p style="text-align: center;">Available to download free: http://www.barnardos.ie/resources-advice/publications/free-publications/parenting_positively_coping_with_death_childr_en.html</p>



When Someone Very Special Dies - Children can learn to cope

An interactive workbook to help children work out their feelings about death. Children are invited to illustrate their loss through art. This workbook encourages the child to identify support systems and personal strengths. The workbook uses very simple language which would be suitable for young children with ID.

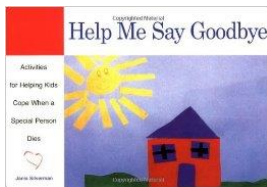
Available on [amazon.co.uk](https://www.amazon.co.uk)



The Grief Bubble - Helping kids explore and understand grief

Another interactive workbook for children to explore their grief. It uses easy to understand language which makes it suitable for younger children.

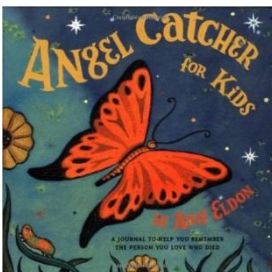
Available on [amazon.co.uk](https://www.amazon.co.uk)



Help Me Say Goodbye

This interactive workbook is more "wordy" and would be more suitable for older children with ID who have better literacy skills.

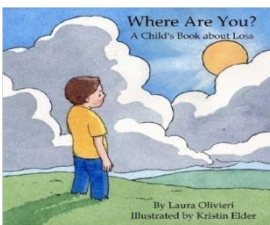
Available on [amazon.co.uk](https://www.amazon.co.uk)



Angel Catcher for Kids

This book offers a healthy way for a child to cope with the painful and often confusing process of grieving. Designed to help a child overcome the loss of a loved one, this journal also invites the child to record precious memories of the special person who has died. *Angel Catcher for Kids* will help a child to catch-and hold-an angel.

Available on [amazon.co.uk](https://www.amazon.co.uk)



Where Are You: A Child's Book About Loss

This book is a kind and supportive text with beautiful illustrations designed to help children of all ages cope with the loss of a loved one.

Available on [amazon.co.uk](https://www.amazon.co.uk)



Books and Resources for Parents/Teachers

Again, there is an abundance of resources about grief and bereavement for adults. These range from books to web resources.

Below you will find a list of some family friendly resources you might find useful.

	<p>Sesame Street A special guide for Parents and Caregivers: When families grieve. Available to download free: http://www.sesamestreet.org/cms_services/services?action=download&uid=adbf6cbe-31ac-4292-9677-d217131f9a12</p>
	<p>Parenting Positively - Coping with Death - For Parents of Children aged 6 -12 Barnados/Family Support Agency, 2007 Available to download free: http://www.barnardos.ie/assets/files/publications/free/pp_death_adults.pdf</p>
	<p>Information Pack- Bereavement Barnados' Training and Resource Service, October 2008 Available to download free: http://www.barnardos.ie/assets/files/information-pack/bereavement_october_2008.pdf</p>
	<p>Answering Children's Questions about Death- A Guide for Children and Adults Hillside Memorial Park and Mortuary: Jewish Big Brothers of Los Angeles Children's Bereavement Program, 1997 Brief and 'hands-on' resource: Provides examples of typical questions children ask about death, and how to answer them. Available to download for free http://www.hillsidememorial.org/pdfs/Answering%20Children's%20Questions%20About%20Death.pdf</p>



Supporting People with Disabilities Coping with Grief and Loss

Published by Scope Ltd, Australia, 2007

This resource contains an easy-to-read booklet (for adults with ID) and information about grieving and Intellectual Disability.

Available to download free:

[http://www.easyhealth.org.uk/sites/default/files/SUPPORTIN G%20PEOPLE%20WITH%20DISABILITIES%20COPING%20 WITH%20GRIEF%20AND%20LOSS.pdf](http://www.easyhealth.org.uk/sites/default/files/SUPPORTIN%20G%20PEOPLE%20WITH%20DISABILITIES%20COPING%20WITH%20GRIEF%20AND%20LOSS.pdf)



Bereavement -When Someone Close Dies

Published by Social Work Department, Beaumont Hospital, Dublin/HSE

Contains detailed information about bereavement including practical/financial/legal information. It also contains a section on children and grief.

Available to download free:

<https://www.healthpromotion.ie/hp-files/docs/HPM00080.pdf>



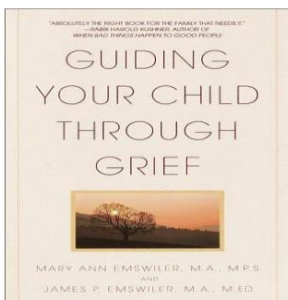
When someone close Dies - A handbook on adult and child bereavement

by Social Work Department, Beaumont Hospital, Dublin/HSE

Contains excerpts from the resource above, not quite as detailed.

Available to download free:

<http://lenus.ie/hse/handle/10147/46318>



Guiding Your Child Through Grief

This book takes away the uncertainty and helpless feelings we commonly feel as we reach out to children who mourn. This caring and compassionate guide offers expert advice during difficult days to help a child grieve the death of a parent or sibling.

Available on Amazon.co.uk



Useful Websites



Website address:

<http://www.sesamestreet.org/parents/topicsandactivities/topics/grief#>

A child-friendly website that contains video clips (some clips starring characters from Sesame Street) about topics such as "Expressing emotions" and "Giving your heart a little time." It also includes tips/suggestions for activities to help a child through grief. These include resources such as the "Feelings Journal", "Caring Cards" and "Memory Chain."



Website address:

<http://grievingchildren.org/grief-resources/>

This website contains a variety of different "Tip sheets" which provide helpful information on important topics related to children and grief.



Website address:

<http://pbskids.org/itsmylife/emotions/death/index.html>

This website would be more suitable for pre-teens and teenagers. It includes information on topics such as "What is grief?" "Let it go, let it out", "Looking towards the future" and "What about Me." It contains printable resources for the child to express themselves including journal pages and discussion questions for children to bring up with adults.



Website address:

<http://www.dougy.org/grief-resources/activities/>

This website contains information for children, teens, young adults and adults on grief. It contains some suggested activities to help children express their feelings surrounding the death of someone important to them.

Hospice Foundation: Talking to Children about Death



Website address:

<http://www.hospicenet.org/html/talking.html>

Pathfinders for Autism: Parent Tips: Death and Grieving



Website address:

<http://www.pathfindersforautism.org/articles/view/parent-tips-death-and-grieving>

You Are Not Alone: Directory of bereavement support and information services



Website address:

<https://www.healthpromotion.ie/hp-files/docs/HSP00494.pdf>



Counselling Services and Support Groups

Below is a list of counselling services and support groups in the greater Dublin area. A complete list of services for each county is available on the HSE health promotion website: <https://www.healthpromotion.ie/hp-files/docs/HSP00494.pdf>



Anam Cara is a national organisation set up by bereaved parents to support bereaved parents and siblings throughout Ireland. They offer a number of services online and face to face. These include support meetings, support groups, public talks, remembrance events, an information line and more.

Website: www.anamcara.ie

Address: Head Office, HCL House, Second Avenue, Cookstown Industrial Estate, Tallaght, Dublin 24

Phone: 01 404 5378

Mobile: 085 288 8888

Email: info@anamcara.ie



Barnardos

Barnardos Children's Bereavement Service is a service for children and young people who have lost someone close to them - like a parent or a sibling - through death. Barnardos provide a number of different services including a bereavement helpline service and individual therapeutic interventions.

Website: www.barnardos.ie

Barnardos Bereavement Helpline Service : (01) 473 2110 (open Monday-Thursday 10am-12pm)

Address: Barnardos, 23/24 Lower Buckingham Street, Dublin 1.

Phone: (01) 813 4109

Email: bereavement@barnardos.ie



Rainbows Ireland is a national support service for children and young people experiencing grief and loss resulting from the death of someone close, parental separation and divorce. Rainbows offer a 12-week programme that brings children and young people of similar age and loss experience together into groups. The programme supports children and young people to realise that they are Not the Only One! That they are not to blame! That it is okay to be sad, lonely, confused and angry! The programme generally runs six weeks before and after Christmas and is delivered by trained facilitators. It is not professional counselling or therapy. Rainbows is a registered charity, funded by TUSLA, and is a free service to all children and young people.

Website: www.rainbowsireland.com

Address: Rainbows Ireland: Head Office, Loreto Centre, Crumlin Road, Dublin 12.

Phone: (01) 473 4175

Email: ask@rainbowsireland.com



The Bethany Bereavement Support Group is a voluntary, parish-based ministry which aims to help the bereaved and those grieving. Many Bethany members have themselves been bereaved. They are trained to listen with understanding. They accept those suffering loss as they are and support them through the grieving process. Groups currently exist in parishes throughout Ireland. Please contact Bethany Head Office for details of local services.

Website: www.bethany.ie

Address: Bethany Bereavement, Rathfarnham Parish Centre, Willbrook Road, Rathfarnham, Dublin

14. **Phone:** 087 9905299

Email: bethanysupport@eircom.net



Daughters of Charity
Child and Family Service

The Daughters of Charity Child and Family Service, in partnership with the Health Service Executive Dublin North East, respectively provide services to children, young people and their families living in a number of areas. The centres provide a wide range of services on parenting and family support including counselling and therapy to children and families experiencing difficulties. For further information please contact the manager of a centre near you.

Website: www.docchildandfamily.ie

Head Office Address: Child and Family Service, Management Office, 1st Floor, T O'Reilly Building, Swords Road, Santry, Dublin 9.

Phone: 01-8425100

Email: admin@docharity.net

Branches:

*Balbriggan, Dublin T: 01 8414122

*Ballyfermot, Dublin 10 T: 01 6231313

*Blanchardstown, Dublin 15 T: 01 8852680

*Darndale, Dublin 17 T: 01 8771712

*Kilbarrack, Dublin 5 T: 01 8488137

*Phibsboro, Dublin 7 T: 01 8388077

*Santry, Dublin 9 T: 01 8425955

*Tallaght, Dublin 24 T: 01 4585703

1800 833 634

TeenLine
IRELAND

Teen-Line Ireland is a national, confidential listening service for young adults from the age of 12 years and up. It is free to phone and is open every day of the week from 7pm to 10pm. All calls are confidential.

Website: www.teenline.ie

National Helpline: 1800 833 634

Free text service: text TEEN to 50015

Email: info@teenline.ie

Pieta  House

Pieta House is a registered charity which specialises on the prevention of self-harm and suicide. It also offers a service for those bereaved by suicide, including counselling service and provides a 24 hour Freephone Helpline.

Website: www.pieta.ie

National Helpline : 1800 247247

Head Office Address: Pieta House Lucan, Lucan Dublin

Phone: (01) 6010000

Email: info@pieta.ie



Living Links provides outreach, practical help, advice and support to people bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide. The Suicide Outreach Support Person, at the request of the family, can call to the home or meet at a location appointed by the family.

Website: www.livinglinks.ie

Address: Living Links, Urra, Ballycommon, Nenagh, Co. Tipperary.

Phone: (087) 3938697- Dublin

Email: info@livinglinks.ie



Samaritans' service is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Website: www.samaritans.ie

National Helpline: 1850 609 090

SMS Texting: 087 260 9090

Address: 4-5 Ushers Court, Ushers Quay, Dublin 8

Phone: (01) 671 0071

Email: jo@samaritans.org



Seasons for Growth is a loss and grief peer-group education programme to support young people aged 6-18 years and adults who are affected by change, loss and grief. *Seasons for Growth* is based on the belief that change, loss and grief are normal and valuable parts of life. It aims to produce a sense of resilience, personal growth and acceptance of change in people's lives.



Saint Augustine's School, Carysfort Avenue, Blackrock, Co. Dublin.

Tel: 01-288 1771

E-mail: staugustines@sjog.ie