

DVBC ONLINE

GRIEF RESOURCES

GENERAL RESOURCES

We Are All Grieving

- <https://www.nytimes.com/2020/04/22/opinion/esther-perel-coronavirus.html>

Worden's Four Tasks of Mourning

- <https://whatsyourgrief.com/wordens-four-tasks-of-mourning/>
- <https://www.psychologytoday.com/au/blog/mental-health-nerd/201911/the-4-tasks-grieving>

Seeking Support

Which kind of professional might suit best?

- <https://www.betterhealth.vic.gov.au/health/ServicesAndSupport/whos-who-in-mental-health-services?viewAsPdf=true>
- https://www.grief.org.au/ACGB/ACGB_Publications/Resources_for_the_Bereaved/Resources_Bereaved.aspx - includes information about the MyGrief app

Christian counsellors

- <https://ccaa.net.au/for-the-public/>

Supporting Others Who Are Grieving – A Christian Perspective

- <https://www.premierchristianity.com/Blog/5-ways-you-can-best-support-your-grieving-loved-one>

Australian Author Rachel Pope

- <https://www.booktopia.com.au/gifts-from-grief-rachel-pope/book/9780648488439.html>
- Video - Rachel Pope on overcoming grief and how to be there for someone who has experienced loss <https://www.youtube.com/watch?v=7rVtSVY0a8>

A Guided Meditation

- <https://onbeing.org/blog/encountering-grief-a-10-minute-guided-meditation-with-joan-halifax/>

RESOURCES FOR KIDS

Supporting Kids Through a Stressful or Traumatizing Experience

Kids are pretty resilient, they all respond in their own ways. It is really important not to put your feelings on them.

- Children express feelings through behaviours. They may regress, that's normal, just be with them through it and reassure them that you are there for them. Try and think about what the behaviour is trying to achieve and what they need.
- Try to create routine for them, routine creates predictability in an unknown time.
- Give them choices, their world is out of their control, giving them some choices (where you are happy with whatever they choose) gives them a sense of control which can ease anxieties.
- Some children will need additional support, getting help from trained professionals is important at times.

How Do We Help Kids Process the Coronavirus Experience?

- Axel Scheffler has illustrated a book for children which discusses Coronavirus from a child's perspective. It's a good way to discuss it if you aren't sure how to. (https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)
- A good way to work with any situation with children is to ensure you answer their questions, just their questions. Don't give too much information, if you don't give enough they will ask for more information but sometimes they don't want or need the information. Too much information is not helpful for young children.

Recommended Websites

The following websites have information for parents as well as children:

- Beyond Blue has a website for children and young people, beyou.edu.au
- KidsHelpline also have a website with a lot of resources, kidshelpline.com.au (also has online chat options as well as the traditional phone number)