

# CHILDREN/TEENS GRIEF & BEREAVEMENT

## RESOURCE GUIDE



Grief can have a significant and long lasting impact on children & teens.



Grief can be confusing and scary to navigate for children & teens.



Fortunately, there is a community of others who understand, and places that can help.

This resource directory is available to let you know that you are not alone. The listed resources are available in Simcoe County and provide simple strategies to help with all aspects of the grief process.



### SYMPTOMS OF GRIEF

Grief can be expressed in many different ways (behaviourally, physically, emotionally, etc.), and is an experience that is unique to each person. For parents/caregivers, and even children and youth themselves, this can make it difficult to decipher what is grief and what is normal development.

### DEVELOPMENT & UNDERSTANDING

Children and teens are often not included in the end of life care or grief process. They are often considered too young to understand and/or experience the emotions of grief associated with the world of death or dying. However, just like adults, children/teens do experience these feelings. With support, they too can learn and adapt to live and love in a world without their person.

# SIMCOE COUNTY MENTAL HEALTH CRISIS LINES

\*All crisis lines listed provide support  
24 hours a day - 7 days a week

## 310-COPE Community Crisis Response

- Supports individuals of all ages  
1-855-310-COPE (2673)

## Canada First Nations & Inuit Health Branch

- Supports individuals that are Indigenous  
1-855-242-3310

## Canadian Mental Health Association Simcoe County Branch

- Supports individuals of all ages  
Contact: 1-888-893-8333 or 705-728-5044

## Crisis Services Canada

- Texting available from 4pm-12am
- Supports individuals of all ages  
1-833-456-4566 or text "start" to 45645

## Kids Help Phone

- Supports children and youth  
1-800-668-6868  
Online chat: [www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca)

## Kinark Child and Family Services - Mobile Crisis Response Services, Children and Youth

- Supports individuals under 18 years of age  
and their families  
1-888-893-8333 or 705-728-5044

## Telecare Distress Line of Greater Simcoe

- Supports individuals of all ages  
Barrie: 705-327-2383 Orillia: 705-325-9534

## Trans Lifeline

- Supports individuals that are transgendered  
and in crisis 1-877-330-6366

# GRIEF & BEREAVEMENT SUPPORT AVAILABLE IN SIMCOE COUNTY

There is a variety of support options throughout Simcoe County. See the chart below to find out what best suits your needs.

	HOSPICE SIMCOE	SEASONS CENTRE	GILDA'S CLUB	RAINBOWS
AGE RANGE:	4 - 18 years	5 - 24 years	All ages	3 - 18 years
SCHOOL PROGRAM:		✓		✓
ANTICIPATORY:	✓	✓	✓	✓
BEREAVEMENT:	✓	✓	✓	✓
INDIVIDUAL:	✓		✓	
GROUP:		✓	✓	✓
NO COST:	✓	✓	✓	✓
NON-DEATH RELATED:			✓	✓
CANCER RELATED:	✓	✓	✓	✓
NON-CANCER:	✓	✓		✓

HOSPICE SIMCOE,  
COMMUNITY SUPPORT  
130 Bell Farm Rd., Unit 1  
Barrie, ON L4M 6J4  
705.725-1140  
[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca)

SEASONS CENTRE  
38 McDonald St.,  
Barrie, ON L4M 1P1  
705.721.5437  
[www.grievingchildren.com](http://www.grievingchildren.com)

GILDA'S CLUB  
10 Quarry Ridge Rd.,  
Barrie, ON L4M 7G1  
705.726.5199  
[www.gildasclubsimcoemusoka.org](http://www.gildasclubsimcoemusoka.org)

RAINBOWS  
80 Bradford St., Suite 239,  
Barrie, ON L4N 6S7  
705.726.7407  
[www.rainbows.ca](http://www.rainbows.ca)

