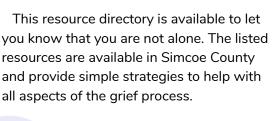
## **CHILDREN/TEENS GRIEF & BEREAVEMENT** RESOURCE GUIDE



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

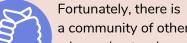




Grief can be confusing and scary to navigate for children & teens.

### 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.



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

### 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

### 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

There is a variety of support options throughout Simcoe County. See the chart below to find out what bests 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:	<b>√</b>	<b>√</b>	✓	✓
BEREAVEMENT:	$\checkmark$	✓	$\checkmark$	✓
INDIVIDUAL:	$\checkmark$		$\checkmark$	
GROUP:		<b>√</b>	✓	<b>√</b>
NO COST:	$\checkmark$	✓	✓	✓
NON-DEATH RELATED:			✓	✓
CANCER RELATED:	√	<b>√</b>	✓	<b>√</b>
NON-CANCER:	√	✓		✓

HOSPICE SIMCOE, COMMUNITY SUPPORT 130 Bell Farm Rd., Unit 1 Barrie, ON L4M 6J4 705.725-1140 www.hospicesimcoe.ca SEASONS CENTRE 38 McDonald St., Barrie, ON L4M 1P1 705.721.5437 www.grievingcildren.com GILDA'S CLUB 10 Quarry Ridge Rd., Barrie, ON L4M 7G1 705.726.5199 www.gildasclubsimcoemuskoka.org RAINBOWS 80 Bradford St., Suite 239, Barrie, ON L4N 6S7 705.726.7407







