

## Strategies for parents/guardians to support children through times of grief

**Be yourself** – Demonstrate your natural concern calmly and in your own words.

**Be available** – Spend time with your child.

**Listen** – Let your child express their thoughts, concerns, feelings, and perceptions in a nonjudgmental, emotionally safe environment.

**Explain** – Talk about what you know in short, truthful statements. Don't be afraid to admit that you do not have all the answers.

**Develop resiliency** – Your child will look to you for reassurance. Do not convey your own feelings of hopelessness, but rather let your child know that they will get through this difficult period.

**Provide comfort** – Physical and verbal comforts are great healers.

**Attend to physical manifestations of trauma** - Children will often complain of headaches, stomach aches, backaches, etc. Monitor physical symptoms such as loss of appetite, anxiety, sleep disturbance, etc. and determine whether medical intervention is required.

**Maintain regular routines** – As much as possible, attempt to provide normalcy to your child. Humans are creatures of habit and derive comfort from regular routines.

**Monitor media exposure** – Do not overexpose your child to media reports (especially younger children).

**Seek additional support** – When appropriate, you may wish to reach out to community support agencies for your child(ren).

## Resources

### Immediate Help

- [Kids Help Phone](#): Reach a counsellor 24/7 at 1-800-668-6868 (support in French or English), text CONNECT to 686868 (24/7), or [live chat](#) via the website (9:00pm – 4:00am).
- Mental Health Crisis Line: toll-free 1-800-784-2433 or (604) 872-3311 (Greater Vancouver), 24/7 confidential, non-judgmental free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide - available in 140 languages.
- Online Crisis and Youth Chat available at [Crisis Intervention and Suicide Prevention Centre](#).

- [HealthLink BC](#): Call 8-1-1 for 24/7 confidential health information and advice.
- **Indigenous Support:** [Hope for Wellness Help Line](#): toll-free 1-855-242-3310, offers 24/7 counselling and crisis intervention by phone or online chat. Available in French, English, Cree, Ojibway, and Inuktitut.

**Additional Resources:**

- Mental Health Crisis Line: 1 -800-784-2433, available in 140 different languages.
- [Here to Help Mental Health Resources](#): includes a variety of factsheets (depending on language) in Simplified Chinese, Traditional Chinese, Farsi (Persian)/ Dari, French, Korean, Punjabi, Japanese and Vietnamese.
- [Centre for Addiction and Mental Health Information in Other Languages](#): includes a variety of resources in French, Amharic, Arabic, Bengali, Chinese, Dari, Farsi, Greek, Hindi, Italian, Korean, Pashto, Polish, Portuguese, Punjabi, Russian, Serbian, Somali, Spanish, Tagalog, Tamil, Twi, Urdu and Vietnamese.
- [Kelty Mental Health Resource Centre](#): includes a variety of resources in French, Farsi, Korean, Punjabi, Simplified Chinese and Traditional Chinese.