



# Self-Help Guides: Bereavement



[Click here](#) for a self-help guide for coping with bereavement and grief that uses cognitive behavioural therapy

[Click here](#) for a self-help guide for an NHS self help guide for Bereavement





# Self-Help Guides: Bereavement

**YOUNGMiNDS**  
fighting for young people's mental health

[Click here](#) for advice on grief and loss  
on the Young Minds website

 mind

[Click here](#) for advice on bereavement  
on the Mind Website



# Self-Help Guides: Bereavement



[Click here](#) for support and advice on grief and loss on the Child Bereavement website



[Click here](#) to visit Hope Again Website. You can email them directly or use their helpline for support and advice,