



For Such a Time as This – Mental Health, Bereavement and Grief

RESOURCES

Mental health

Kintsugi Hope <https://www.kintsugihope.com>

“**Kintsugi Hope Groups** work in communities through the local church with an attitude of humility – not to judge, fix or rescue, but to come alongside and love one another.”

“**Kintsugi Hope Wellbeing Groups are now online**, enabling Churches to reach their congregations and communities with resources to support people’s mental and emotional wellbeing.”

Kintsugi Hope offers books, DVDs and podcasts as well as a range of podcasts and videos. It also recommends places to contact when you are in need of professional support.

Christians and mental health – a theological review from Theos

<https://www.theosthinktank.co.uk/cmsfiles/archive/files/Christianity%20and%20Mental%20Health%20FINAL%20COPY%20FOR%20WEB.pdf>

www.stopsuicidenc.org

Mental Health Friendly Church

Lifelinechurch.co.uk Church mental health guide

<https://www.changegrowlive.org/advice-info/coronavirus>

Bereavement

Care for the Family - go to <https://www.careforthefamily.org.uk/family-life/bereavement-support>

The website includes support information for

- People widowed young
- Bereaved parents
- Bereaved siblings
- Bereavement awareness training

They have a number of articles and video messages on support during the Covid 19 crisis

<http://www.gather.global/>

<http://www.movementday.uk/>



“The *Bereavement Care Awareness* course has been produced as part of Care for the Family’s bereavement training for churches. It is useful for clergy, church leaders, pastoral care leaders or any volunteer interested in supporting bereaved people – whether they are already engaged in bereavement support or are considering the possibility of developing it.” Care for the Family will offer open courses when possible and a shorter version will be accessible on line in May/June

The Bereavement Journey course (a 6 session course of films and discussion groups) is available for churches to help the bereaved process their loss. **HTB / Alpha** The bereavement journey - <https://thebereavementjourney.org>

See video - <https://youtu.be/wBXzi8JzIOE>

Bereavement Friendly Church

Loss and Hope www.lossandhope.org

With articles and resources to support churches and enable them to best support the bereaved

- Specific advice for the corona virus pandemic
- Providing funerals and other church activities for the bereaved during this lockdown
- Becoming a bereavement friendly church
 - Guidance to establish a church ministry that provides wise and compassionate support to bereaved people in the church family and the wider community
 - Restoring the churches key role in community bereavement – that God’s people can be at the centre of bereavement friendly communities

The Loss and HOPE group have produced a short film for how to help the bereaved at this time for

sharing: See <https://www.youtube.com/watch?v=q2lp6SXsADU&feature=youtu.be>

Training for **The Bereavement Friendly Church - for Church Leaders is planed for July** (to consider how to ensure their church community supports and is accessible to the bereaved).

The AtaLoss.org website provides the UK's signposting website for the bereaved and has just been upgraded (www.ataloss.org).

The website includes a special section dedicated to Coronavirus bereavement, which has help and information for those who are bereaved at this time, including what to do about funerals and when they can’t be attended, useful helplines and about how the bereaved can be supported during this period. The website also hosts a free online chat service with counsellors.

<http://www.gather.global/>

<http://www.movementday.uk/>



Yvonne Tulloch – Richmond has produced a booklet to help answer the frequently asked faith questions of the bereaved: <https://thebereavementjourney.org/resources/faith-questions-in-bereavement>

Pastoral Support

The Church leaders Café is a secure and friendly online place to meet leaders from around the world. It is a place for church leaders to relax, offload and share experiences to help them deal with what they are facing daily in supporting families and taking funerals, develop & implement new strategies to support Churches and congregations worldwide.

Supported by @WorldVisionUK & friends @AlphaScotland you can log in at <https://worldvision.zoom.us/my/churchcafe>

Monday to Friday

10:00 – 12:00

14:00 – 16:00

23:00 - midnight

04:00 – 05:00

For more info here is a support video

<https://www.facebook.com/713953411/posts/10157308079368412/?d=n>

You can email churchleaderscafe@gmail.com if you have any enquiries.

Books

Anne Clifford - A Time to live

Malcolm Duncan - Good grief

Patrick Regan - Honesty over silence

When faith gets shaken

<http://www.gather.global/>

<http://www.movementday.uk/>