



Psychological support for families bereaved by COVID-19 in Ile-de-France.

You've lost someone to COVID-19

The particular conditions of this death can make grievance more difficult. The loss may have been sudden and the last contact you've had with the person may have been restraint. Funerals are restricted due to confinement and you may not have been able to see the deceased one last time.

To help you get through this difficult time, you can contact our team in the following days or weeks. This psychological support will offer you, your family and/or your children a safe space to talk freely with a professional.

These telephone consultations are confidential and free of charge. Each consultation will be held by a psychologist or psychiatrist working at the Regional Centre for Psychological Trauma Paris North - CRPPN.

You can contact us:

By calling : 01 48 95 59 40

Monday to Friday from 10am to 5pm

Outside these hours, please leave a message with your contact details.

By email : psychotrauma.avicenne@aphp.fr

a professional will call you back.

Tips for helping your children

- *Be available to talk about the deceased person with your children without forcing them to do so.*
- *Be mindful of your child's own feelings towards the loss. Start by asking you child how he/her understands this whole situation before answering any questions.*
- *You may not be able to answer all of the questions. In this case, you can simply tell your child that you don't detain all the answers.*
- *Chose simple words and avoid using words that could lead your child to believe the deceased may come back (e.g. the person left or fell asleep).*
- *Don't be surprised if your child needs to spend more time with adults than usual. Promote the relationships your child has with people that are important to him/her.*
- *When possible (as the confinement may restraint it), maintain your child's routine as it can be reassuring. Make sure your child isn't isolating him-/herself too much.*
- *If possible, protect your children from adult conversations and avoid exposing them to any media that may generate anxiety.*

We are also available to help you support your child's grievance.

You can also turn to organizations that gather grieving families and can help you out with different proceedings :

- **Vivre son deuil** : 06 15 14 28 31,
fede.vivresondeuil@gmail.com <http://vivresondeuil.asso.fr/>
- **Empreintes, support for grevence**: 01 42 38 08 08,
accompagnement@empreintes-asso.com
<https://www.empreintes-asso.com/>

More ressources on the website: www.cn2r.fr