## How do Brake support suddenly bereaved children and families?

Jack Kushner, victim support events and marketing officer, Brake

"Since the death of my fiancée I have received invaluable support and can honestly say that had I not, I really don't know what I would be doing now."

"We wouldn't have survived as a family without you. Knowing you were on the end of the phone when we needed you was what kept us going."







### Brake's support team







## Three key ways Brake ensure that suddenly bereaved people receive the help they need:













### Brake's support literature

- Well-written, up-to-date information about the emotional and procedural aftermath of a road crash
- Distributed mainly by police forces, so that people receive it when they need it
- Vital contact details for support services









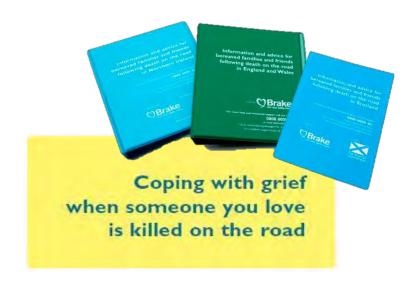
# What does the Brake bereavement guide contain?

#### Sections on:

- Important contacts and notes
- What happens now? (initial procedures)
- Practical issues
- Criminal prosecutions
- Court procedures
- Claiming compensation











open 10am to 4pm Mon to Fri helpline@brake.org.uk



## Brake's helpline



- Fully quality accredited by the Helplines standard
- For anyone in the UK bereaved or seriously injured in a road crash, their friends, families and professionals working with them

#### We can't support:

- Drivers who caused a crash (unless they are themselves bereaved or injured)
- Witnesses
- Under 16s (although we can provide guidance and signposting for adults caring for affected under 16s)

Support for you from a charity when the worst happens

If you have been bereaved or seriously injured by a road crash, or you are supporting someone who has, the charity **Brake is here to help**. Turn over to find out how.







## Brake's helpline – caller feedback



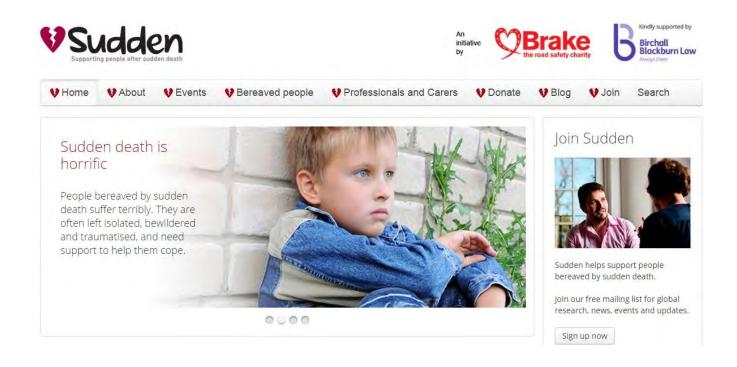
"I can't tell you how much your support has meant. I think you saved my life, because when I first called I was in such a state and you calmed me down and helped me to know I could get through this. You'll never know what a difference it's made to me knowing you were there. I wouldn't be here today without you."

"Hearing from one of your volunteers through the 'I've been there' service gave me hope that I might be able to start to enjoy life again."

"I would like to thank all the staff at Brake for the care and understanding, and listening to me when times have been really tough. It's 12 weeks since our son's fatal crash and I don't know how I could have managed without your help through this very tough period. I would like to thank the helpline staff for all their professionalism and help."

## Sudden, training and events:





Sudden is an initiative run by the charity Brake, sharing global best practice, research and resources among professionals and carers working with suddenly bereaved people.

Our website has resources for bereaved people and carers, and we provide training events for victim support professionals, practitioners and members of the police.

## Training opportunities:



Upcoming events in 2017 include:

Supporting bereaved people with additional needs Wednesday 19 July 2017, 2pm - 3.30pm BST, online

Supporting the supporter: vicarious trauma and support needs Thursday 21 September 2017, 2pm – 3.30pm GMT, online

Details on all of our upcoming seminars and webinars are available at: <a href="http://suddendeath.org/events">http://suddendeath.org/events</a>



## Sudden resources for professionals





- Guidance papers on support for bereaved children and young people and also best practice in assisting bereaved adults
- 'Meet the Expert' papers with academics and practitioners like Professor Steve Regel and David Trickey
- All free to access or download

Access our reports from: <a href="http://www.suddendeath.org/help-for-professionals/papers-and-reports">http://www.suddendeath.org/help-for-professionals/papers-and-reports</a>

## Resources for carers



## Sudden bereavement: online guidance for carers

This page contains links to Guidance Reports written by Sudden to assist carers of suddenly bereaved people.

- A traumatic and challenging experience

  An overview of how sudden deaths are unique, but share traumatic and challenging elements for bereaved people
- The early days and weeks: dealing with the shock and grief

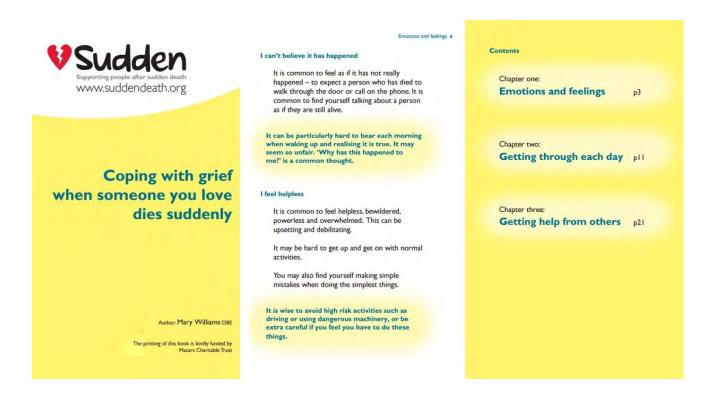
  An overview of responses that commonly follow a sudden death, including shock and grief, and appropriate care to ensure suddenly-bereaved people feel safe and supported during this challenging time.
- After a month: identifying and helping people with traumatic grief responses and post-traumatic stress

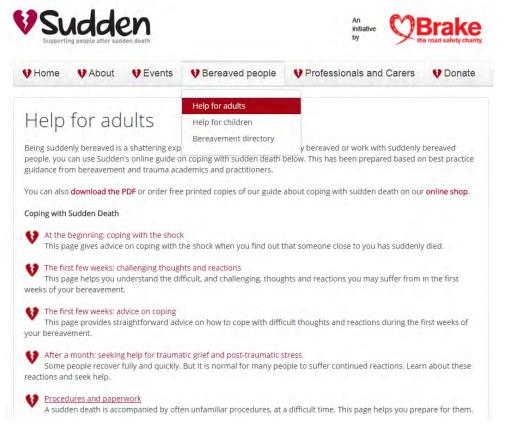
  An overview of traumatic grief and post-traumatic stress responses that continue beyond a month for many suddenly bereaved people, and appropriate treatment of these debilitating conditions to enable a return to a full and happy life.
- Viewing the body

  How to give suddenly bereaved people information and advice to help them decide whether or not to view a body, and ensure any viewing is a long-term positive experience

## Resources and guides for suddenly bereaved people







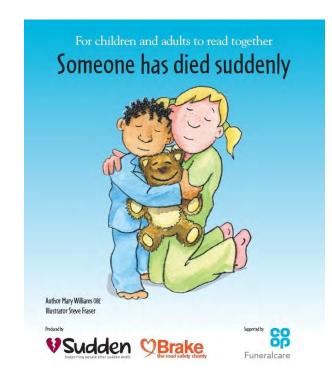
## Someone has died suddenly



Alongside our support literature for adults and resources for professionals, Brake also has a book available for bereaved children.

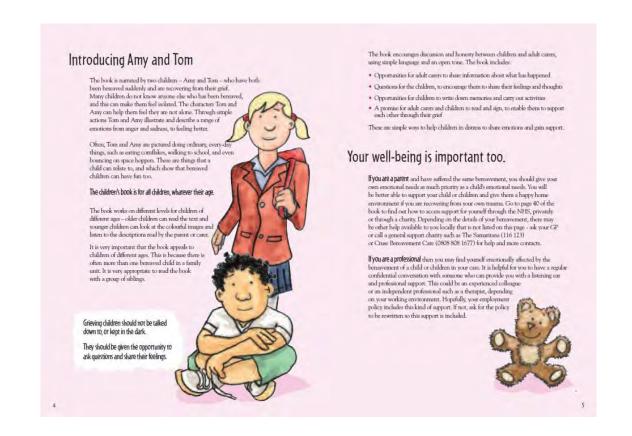
Our 'Someone has died suddenly' book features two characters, Amy and Tom, who have been suddenly bereaved.

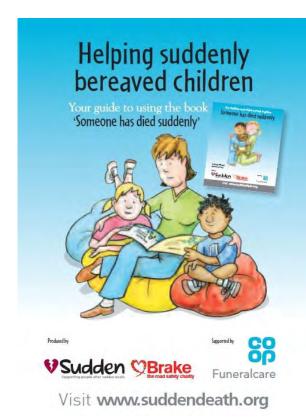
It helps suddenly bereaved children of all ages through their terrible shock and grief and helping them to recover and lead full and happy lives.



## Someone has died suddenly







The colourful text is also accompanied by a guide for adult carers.

These texts are free to order through our website: <a href="https://shop.brake.org.uk/">https://shop.brake.org.uk/</a>

## Keeping up to date with Sudden



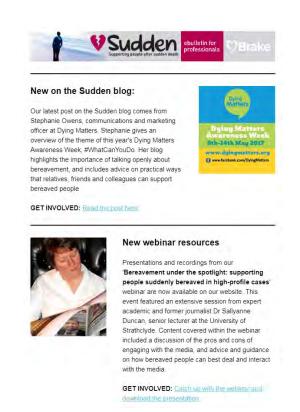
#### Dying Matters Awareness Week - What can you do?



The period following any death is a difficult time, but a sudden death is particularly devastating for the loved ones of the person who has died. Those grieving find their lives have changed greatly, with no warning, and often little preparation. All deaths have an impact, but a sudden death brings its own unique set of issues.

Dying Matters Awareness Week 2017 focuses on the theme 'What can you do?'. We are encouraging people to offer their support to people who have been bereaved – relatives, friends and colleagues – by helping them in practical ways and listening to them when they are ready to talk.

http://www.suddendeath.org/blog



http://www.suddendeath.org/joinsudden/





@Sudden\_Brake



### Contact us

We're always happy to hear from professionals. You can contact us with queries about our seminars, conferences and resources using the details below.

Jack Kushner, victim support events and marketing officer.



T: +44 (0)1484 559909 E: jkushner@brake.org.uk

Contact Jack with queries about our events and resources, and if you can assist with marketing our activities or are interested in working with Sudden.

Follow us on Twitter: @Sudden\_Brake Join our LinkedIn group: Sudden LinkedIn