**Funeza Zaragoza, Mexico City, Mexico**

*Funeza Azcapotzalco, Mexico City, Mexico; Funeza Vallejo, Mexico City, Mexico; Funeza Calle 7, Nezahualcoyotl, Mexico; Funeza Los Reyes, Los Reyes La Paz, Mexico; Funeza Periférico, Mexico City, Mexico; Funeza Ecatepec, Ecatepec, Mexico*

How does a child talk about death?

Sometimes with silence.

Sometimes through drawings.

Sometimes with questions that leave us speechless.

At Funeza, we believe each of these expressions deserves to be heard, accompanied, and lovingly guided.

In Mexico, according to UNICEF, approximately 12.1% of children and adolescents aged 10 to 19, that is, 2.6 million minors live with at least one diagnosed mental health condition, such as anxiety, depression, or ADHD.

Globally, both the World Health Organization (WHO) and UNICEF report that 1 in 7 children (14%) suffer from a mental or emotional disorder, with anxiety and depression being the most common. One-third of these issues begin before the age of 14.

In Mexico, the Dr. Juan N. Navarro Children’s Psychiatric Hospital sees 600 to 700 new patients per month, most of them children dealing with anxiety, depression, or suicidal thoughts. Over 50% of adult mental health disorders begin in childhood, yet only 16.5% of children with these conditions receive treatment. Furthermore, fewer than 5% of schools and only 3% of mental health centers offer specialized care for children.

This reveals a significant gap between the need and the care available. That’s why we chose to focus its efforts on children, responding with empathy and commitment to those who need it most.

Children’s emotional experience of loss

As a funeral service provider and through the work of our Emotional Recovery Center, we have confirmed what many overlook: Children feel, question, miss, imagine, and above all, need to be supported with tools that honor their emotional and developmental stage.

Historically, children have often been excluded from grief and farewells under the false belief that “they don’t understand” or “they don’t need to know.” We believe that emotional support knows no age.

This year, fully aware of this need and committed to the well-being of the families, we launched a series of actions and projects designed to address childhood grief through emotional education, child-focused grief therapy, and the conscious celebration of life.

With this solid foundation, we present a program designed with purpose, supported by reliable data, and offering a clear response to a pressing social need built upon four key pillars:

1. Preventive emotional education

2. Child thanatology and psychological support

3. Commemorative events with symbolic and community-focused approaches

4. Emotional and mental support for the children of our employees

Emotional education: “What y feel also matters”

At CONALEP Aragón, we opened a safe space for high school students to talk about emotions. Through an intimate and participatory session, over 70 teens explored topics such as sadness, grief, anxiety, and resilience.

This initiative helped break the silence that often surrounds emotions in educational settings and laid the groundwork for future emotional education programs.

Day od the Dead at Dolores Cementery: Redefining los through tradition

Alongside cemetery authorities and accompanied by our therapy dog, Ónix, we hosted a children-focused event to talk about death through the lens of color, culture, and Mexican symbolism.

Children explored concepts like farewell, memory, and transcendence through music, games and affection creating a space that was natural, respectful, and healing.

Children´s Day: Celebrating ins also caring

For Funeza, commemorative dates are opportunities to nurture emotional well-being. In April, we hosted a celebration at our sales point Cuauhtémoc, welcoming families and their children to participate in playful and emotional activities designed to celebrate childhood.

We also granted a special day off to our employees so they could spend meaningful time with their children.

Ónix, our therapy dog

Ónix has played a vital role in our children’s workshops. His presence helps ease emotional tension, break communication barriers, and foster trust during grief-related activities. His participation in events, cemetery workshops, and therapy sessions has been highly appreciated by both children and parents.

Psychological and Grief Support at Our Emotional Recovery Center

Over the past two years, Funeza’s Emotional Recovery Center (CRE) has become a safe space for children facing loss.Through individual and group therapy, more than 100 children have received support, 40% of them being children or relatives of our own team members.

This initiative has expanded our mission to include not only the community, but also our internal family at Funeza.

Day of the Dead at Jardín La Paz

As part of our festival at Jardín La Paz, we created a warm and festive space for children.

Activities included skull-decorating workshops, face painting, outdoor movies, and traditional costume contests, offering young participants a chance to explore the theme of death with curiosity, playfulness, and cultural depth.

Event at “Nuestra Señora de Guadalupe” Church

In collaboration with “Nuestra Señora de Guadalupe” church, we organized a special day for children centered around the recognition and expression of emotions through art.

ith painting, storytelling, and interactive games, we created a spiritual and creative space where children could name their feelings, reframe their losses, and connect through love and faith.

Specialized Digital Content for Families

Through the Funeza blog, we’ve published articles written by professionals to help parents, caregivers, and educators address topics like childhood grief, depression, and how to talk about death with children.

• What is child thanatology? - https://funeza.com/que-es-la-tanatologia-infantil/

• 10 Books to help talk about death with kids - https://funeza.com/10-libros-de-apoyo-para-hablar-con-tus-hijos-sobre-la-muerte/

• Siblings in grief - https://funeza.com/los-hermanos-en-el-duelo/

• ADHD: An overlooked disorder in Mexico - https://funeza.com/tdah-un-trastorno-subestimado-en-mexico-y-la-necesidad-de-mayor-concientizacion/

• Depression across life stages - https://funeza.com/depresion-a-lo-largo-de-la-vida-como-afecta-a-cada-etapa-y-como-abordarla/

• Dysthymia: The lingering sadness that silences well-being - https://funeza.com/distimia-la-tristeza-persistente-que-silencia-el-bienestar/

• Why goodbyes matter - https://funeza.com/que-es-un-adios-y-por-que-es-importante/

• How to talk about death without scaring a child - https://funeza.com/como-explicar-la-muerte-a-un-nino-sin-asustarlo/

• Stories that heal: The power of books in childhood grief - https://funeza.com/historias-que-sanan-el-papel-de-los-cuentos-en-el-duelo-infantil/

• Signs of childhood depression - https://funeza.com/como-detectar-la-depresion-infantil-senales-de-alerta-para-padres/

• How to know if your child needs psychological support - https://funeza.com/como-saber-si-mi-hijo-necesita-ayuda-psicologica-y-donde-acudir/

• Mental health in early parenting - https://funeza.com/ser-padres-primerizos-tambien-duele-hablemos-de-salud-mental-en-la-crianza-temprana/

• How to support a child who has lost a classmate - https://funeza.com/como-apoyar-a-un-nino-que-ha-perdido-a-un-companero-de-escuela/

• Grief in Children: Stages and processes (Parts 1) - https://funeza.com/duelo-en-ninos-etapas-y-procesos-pt-1/

• Grief in Children: Stages and processes (Parts 2) - https://funeza.com/duelo-en-ninos-etapas-y-procesos-pt-2/

• How grief affects children - https://funeza.com/como-afecta-el-duelo-a-los-ninos/

• Games and activities to help children express sadness - https://funeza.com/juegos-y-actividades-para-ninos-para-ayudarles-a-expresar-su-tristeza/

• How to include children in farewell Rituals without causing trauma - https://funeza.com/como-incluir-a-los-ninos-en-rituales-de-despedida-sin-que-sea-traumatico/

• Teaching children to express emotions in healthy ways - https://funeza.com/como-ensenar-a-los-ninos-a-expresar-sus-emociones-sanamente-desde-una-mirada-tanatologica-psicologica-y-social/

• These resources have reached many families beyond our immediate circle, providing valuable tools for emotional support.

Benefits for families, the community, and Funeza employees

• Strengthened connection with the community.

• Positioning Funeza as a sensitive, innovative, and socially committed company.

• Improved work environment through emotional connection with employees and their families.

• Active team participation in meaningful, human-centered initiatives.

• Development of soft skills like empathy, emotional communication, and compassionate service.

• Reduced stigma around discussing grief at home.

• Free access to specialized resources and workshops.

• Better emotional preparation for future losses.

• Over 5,000 people reached directly or indirectly.

• Increased public awareness about the importance of children’s mental health.

Results and Impact

• 400+ children and teens participated in on-site programs.

• 5,000+ people reached through online content and digital platforms.

• Engagement in schools, cultural centers, and community events.

• Established a symbolic, educational, and empathetic approach to childhood grief support.

Conclusion

We firmly believe that talking about grief with children builds a more compassionate, resilient, and emotionally healthy future. Supporting children with truth, love, and empathy doesn’t just heal their present, it plants the roots of lifelong emotional strength.

Our role in funeral care goes beyond farewells; it’s a commitment to life, emotional education, and every child’s right to understand, express, and transform their pain. Even in the darkest moments, there will always be light for those who know they are not alone.

This project isn’t a tribute to what we’ve done, it’s a promise to what’s still to come because in every child who feels supported, there’s a stronger future.

And in every tear that holds memory, there is also a seed of resilience.

Funeza is proud to keep planting those seeds.