

Sources of Bereavement Support

Cruse support for schools:

<https://www.cruse.org.uk/get-help/for-schools>

Cruse Bereavement Service

General website:

<https://www.cruse.org.uk/get-help>

Cruse –child’s grief

<https://www.cruse.org.uk/get-help/about-grief/childrens-grief>

Young Minds Matter –Dealing with grief and loss:

Children:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

Parents supporting their child:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-grief-and-loss/>

Other helplines and services available to the child and family:

Winston’s Wish

- www.winstonswish.org.uk
- Offering practical support and guidance to bereaved children, their families and professionals.
- Freephone Helpline: 08088 020 021 (Mon - Fri 09:00 – 17:00)
- Email their ASK email service for free advice and support following a bereavement: askmailbox@winstonswish.org.uk

Hope Again

- www.hopeagain.org.uk

- Cruse Bereavement Care's website for young people with information, vlogs, podcasts, videos and sharing personal stories.
- Freephone helpline: 0808 808 1677 (Mon-Fri 09:30-17:00)
- Email for young people, they can send a private email to: hopeagain@cruse.org.uk

Survivors of Bereavement by Suicide (SOBS)

- www.uksobs.org
- Support for people over the age of 18 bereaved by suicide
- Helpline: 0300 111 5065 (every day 09:00-21:00)
- Email: sobs.support@hotmail.com
- Local support group finder: <https://uksobs.org/we-can-help/local-support-groups/find/>

Grief Encounter

- www.griefencounter.org.uk
- Helping children through bereavement. Support services range from a supportive voice at the end of a phone, Grief Groups and Remembrance Days, to long-term one-to-one counselling.
- Phone: 020 8371 8455 (weekdays, office hours)
- Email: contact@griefencounter.org.uk

Marie Curie

- www.mariecurie.org.uk
- Care, guidance and support for people living with any terminal illness and their families.
- Freephone Support line: 0800 090 2309 and online chat, (Mon- Fri 08:00-18:00 & Sat 11:00 – 17:00)

Young Minds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Samaritans

- www.samaritans.org
- If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.
- Freephone (UK and Republic of Ireland): 116 123 (24 hours)
- Email: jo@samaritans.org

ChildLine

- www.childline.org.uk
- If you're under 19 you can confidentially call, email, or chat online about any problem big or small
Freephone 24h helpline: 0800 1111
- [Sign up for a ChildLine account](#) on the website to be able to message a counsellor anytime without using your email address
- Chat 1:1 with an [online advisor](#)