

Appendix 3 – BEREAVEMENT SUPPORT ORGANISATIONS AND WEBSITES

- **Education Support** <https://www.educationsupport.org.uk/>
Support for school staff mental health and wellbeing. Helpline: 08000 562 561
- **The Child Bereavement Charity** - www.childbereavement.org.uk – National UK charity providing specialised training, information, support and guidance for professionals to help them respond to the needs of bereaved families. Support and Information line: 0800 02 888 40 excellent website
- **Winston’s Wish** – www.winstonswish.org.uk - Freephone helpline: 08088 020 021 for guidance and information for families of bereaved children and professionals supporting bereaved children. 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
- **Young Minds** <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/> Videos and resources for and by young people to support coping with bereavement.
- **Young Minds Crisis Messenger**
Provides free, 24/7 crisis support across the UK for young people 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, and are free from most mobile providers.
- **Brake** www.brake.org.uk/support and the **Sudden Initiative** <http://www.suddendeath.org/> - Brake is a road safety charity which also runs the sudden initiative, offering support following a sudden death. It offers helpline support (0808 8000 401) to people bereaved and seriously injured in road crashes, and professionals working with them. It also includes really helpful advice on supporting suddenly bereaved children and young people. Brake also produces support literature, including books for children bereaved by road crashes and books for children bereaved by any sudden cause.
- **Cruse Bereavement Care** – <https://www.cruse.org.uk/>
- Counselling, support, information, advice, education and training services. It aims to promote the well-being of bereaved people and to enable them to understand their grief and cope with their loss. Freephone helpline 0808 808 1677.
- **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

- **Rainbows** www.rainbowsgb.org , www.rainbows.org
helps children and young people grieve and grow after a loss.
- **Grief Encounter** www.griefencounter.org.uk
helps bereaved children get help, recognition and understanding following their loss. 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
- **The National Alliance for Grieving Children** <https://childrengrieve.org>
promotes awareness of the needs of grieving children and teens and provides education and resources for anyone supporting them.
- **The Compassionate Friends (UK)** - www.tcf.org.uk – A charity offering advice and support for families who have lost a child. Helpline number 0345 123 23 04 (open 10am to 4pm & 7.00pm to 10.00pm); email helpline@tcf.org.uk
- **Muslim Bereavement Support Service** East London based support for bereaved Muslim families <http://mbss.org.uk/about-us/>
- **Care for the Family** Family bereavement support, including for young adult siblings and those widowed young <https://www.careforthefamily.org.uk/family-life/bereavement-support>
- **City and East London Bereavement Service** <http://www.celbs.org.uk/services/> free bereavement support for adults over 18 who may be supporting children / families.
- **Samaritans**
www.samaritans.org
If in distress and needing 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
- **On My Mind**
Website offering support and advice for young people's mental health. Has a dedicated section on coping through the Coronavirus crisis.
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>