



Where to access support specifically around bereavement.



Giving hope to grieving children

National Freephone Helpline*: **08088 020 021** (open 9am – 5pm, Monday – Friday)

ASK email support: **ask@winstonswish.org**

Crisis Messenger: **Text WW to 85258** (available 24/7)

Online chat: available 12-4pm, Wednesdays and Fridays

*In order to protect our staff, our Helpline is currently operating a remote service. Please leave a message on our voicemail with your first name and a contact number (with area code) and a Helpline Practitioner will call you back from a withheld number as soon as possible.



supporting bereaved children & young people

Helpline 9am – 9pm weekdays. You can call us free on **0808 802 0111**, or log on to our live web chat for confidential support.

You can also email us on **grieffalk@griefencounter.org.uk**, and we can even arrange for a live, video counselling session in place of a 1:1, where appropriate.



Hope Again is Cruse Bereavement Care's website for young people.

If you are a young person and someone you know has died, why not send a private email to hopeagain@cruse.org.uk to one of our trained volunteers.

If you want to talk to someone directly, call our FREE phone helpline on **0808 808 1677** Monday-Friday, 9:30am - 5:00pm.



Childhood
Bereavement
Network

Tel: **0800 02 888 40**

Website: **www.childbereavementuk.org**

National services include

- confidential information and support line for families when a child is bereaved
- resources for bereaved children and young people and families

Remember also that the following websites contain good advice and support:



<https://www.childline.org.uk/>



<https://www.nspcc.org.uk/>