

Sources of Support

Whilst every effort has been made to ensure accuracy at the time of the creation of this document (April 2020), changes may be made by the individual organisations in the future.

There is a wealth of resources and expertise that can be accessed by schools and parents or carers. Below are the details of a variety of organisations that provide support and resources:

Childline

Telephone: 0800 1111

Website: childline.org.uk

A free and confidential, 24-hour helpline for children and young people in distress or danger. Trained volunteer counsellors comfort, advise and protect children and young people who may feel they have nowhere else to turn.



Child Death Helpline

Telephone: 0800 282 986

Website: childdeathhelpline.org.uk

A free and confidential helpline available Monday to Friday 10am-1pm; Tuesday and Wednesday 1pm-4pm; every evening 7pm-10pm. The helpline provides support to anyone affected by the death of a child of any age from pre-birth to adult, and to promote understanding of the needs of bereaved families.



Childhood Bereavement Network

Telephone: 0800 02 888 40

Live Chat via childbereavementuk.org

Email support@childbereavementuk.org

Childhood Bereavement Network supports professionals working with bereaved children and young people with information updates, key resources and networking opportunities.



Cruse Bereavement Care

Telephone: 0808 808 1677

Website: cruse.org.uk

A free helpline supporting anyone who has been bereaved by death, open Monday to Friday 9.30-5pm (excluding bank holidays), and 8pm on Tuesday, Wednesday and Thursday evenings. This service is confidential, offering a 1-1 service to clients in their own homes and promotes the wellbeing of bereaved people.



Grief Encounter

Telephone: 0808 802 0111

Website: griefencounter.org.uk

Email: griefftalk@griefencounter.org.uk

Support for children and families who have been bereaved via phone, online chat and email. You can also take part in group activities with likeminded families at their fundays, grief groups and remembrance days. Phone lines are open Monday to Friday 9am-9pm.

Hope Again

Telephone: 0808 808 1677

Website: hopeagain.org.uk

This youth bereavement service, run by Cruse, is free and confidential. It is available Monday to Friday, 9:30am - 5pm and is just for children and young people who have been affected by death. Support includes a helpline, website and peer support.



Kooth

Website: kooth.com

Free, safe and anonymous online counselling support for young people aged between 10 and 25. Available Monday to Friday 12pm-10pm and Saturday to Sunday 6pm-10pm.



Samaritans

Telephone: 116 123

Website: samaritans.org

Email: jo@samaritans.org

Post: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA

A registered charity aimed at providing support to anyone in emotional distress, who is struggling to cope or at risk of suicide. They operate across the United Kingdom and Ireland and are available 24 hours a day, 365 days per year by telephone, email or post.



Winston's Wish

Telephone: 08088 020 02

Website: winstonswish.org

A national helpline for anyone caring for a child coping with the serious illness or death of a family member. They are a leading childhood bereavement charity and the largest provider of services to bereaved children, young people and their families in the UK.



Young Minds Crisis Messenger

Text: Text YM to 85258

24-hour text support for young people experiencing a mental health crisis; texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



Further Useful Links and Resources

General Emotion and Well-being Resources

- 'My Mixed Emotions: Help Your Kids Handle Their Feelings' by *DK publishing*
- Relax Kids Calm Pack <https://www.relaxkids.com/calm-pack?fbclid=IwAR1A7uB3v7LBVGwSamRdA8Tltc0abrMW9ialcWZPQWj9jo4Ur1H0MtvlltY>
- Michael Rosen's sad book by Michael Rosen
- The ELSA support website <https://www.elsa-support.co.uk/>
- 'The Huge Bag of Worries' by [Virginia Ironside](#)
- The Color Monster: A Story about Emotions by Anna Llenas

Resources to help children and young people with separation, loss and death

- The Invisible String by *Patrice Karst*
- 'The Invisible String Workbook: Creative Activities to comfort, calm and connect' by *Patrice Karst and Dana Wyss*
- 'The Invisible Web A story celebrating love and universal connection' (Available to Pre Order)
- 'Muddles, Puddles and Sunshine' by *Diana Crossley*
- 'When Someone Dies' by *Dawn Hewitt*
- 'Badger's Parting Gifts' by *Susan Varley*
- When someone very special dies by *Marge Heegaard*
- 'Goodbye Mousie' by *Robie Harris and Jan Ormeroyd*
- Grandpa by *John Burningham*
- 'The Heart and the Jar' by *Oliver Jeffers*
- 'Milly's Bug-nut' by *Jill Janney*
- 'What on earth do you do when someone dies?' by *Trevor Romain, Elizabeth Verdick*
- The Grieving Teen: A Guide for Teenagers and Their Friends by *Helen Fitzgerald*
- The Healing Your Grieving Heart Journal for Teens by [Alan D. Wolfelt](#)
- Winston's Wish
https://www.winstonswish.org/coronavirus/?fbclid=IwAR1FPhh6wd8A9z_iUDDhBERdytNGDW6eb007UKM6ddwNmknqnhuwPstUduDg
- Bereavement Box <https://www.nurtureuk.org/our-services/publications/programmes/bereavement-box>