



Online resource list for children, young people, and their families

Winston's Wish supports children, young people and their families who have experienced a bereavement: <https://www.winstonswish.org/>

ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it. It is staffed by people with extensive experience, who have up-to-date knowledge of supporting bereaved children and their families: <https://www.winstonswish.org/supporting-you/ask-a-question/>



A hub for parents and carers supporting children following a bereavement. For young people, there are tips from other young people who have experienced a bereavement: <http://www.childhoodbereavementnetwork.org.uk/>



A sign-posting website for those who have been bereaved: <https://www.ataloss.org/>
GriefChat is a free service available Monday-Friday, 9am-9pm where you can chat to a specially trained bereavement counsellor. This is for all ages: <https://www.ataloss.org/live-chat>



Free support for bereaved children and their families to help alleviate the pain caused by the death of someone close: <https://www.griefencounter.org.uk/>



Online help for young people ages 11 to 25 who have a loved one with serious illness and are worried about what the virus means for them: <http://www.hopesupport.org.uk/>



Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where young people can learn from other young people, how to cope with grief, and feel less alone:



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



Online resource list for parents and carers

Cruse offers telephone, email and website support to adults. They have a freephone national helpline and local services: <https://www.cruse.org.uk/>



Sue Ryder's Online Bereavement Support makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences: <https://www.sueryder.org/how-we-can-help>



A national helpline is available between 9am and 9pm for those over 18 years only, Monday to Friday, 52 weeks of the year. It provides an opportunity to talk confidentially with someone who has been bereaved by suicide and to know that you are not alone in your experience. The number is... **0300 111 5065** <https://uksobs.org/>



WAY is the only national charity in the UK for people aged 50 or under when their partner has died. It is a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through: <https://www.widowedandyoung.org.uk/>



Emergency support for young people: <http://centre33.org.uk/help/how-we-can-help/>



If you need to talk with someone, 24 hours a day, Childline for aged up to 19:

[Freephone 0800 1111](https://www.childline.org.uk/get-support/contacting-childline/) or via email: <https://www.childline.org.uk/get-support/contacting-childline/>



An anonymous, free and confidential 24/7 text service: <https://www.crisistextline.uk/>



For help with friends, exams, changes at home: <https://www.keep-your-head.com/>



Online anonymous and confidential counselling for young people: <https://www.kooth.com/>



The Kite Trust provide 1-to-1 support to young people via email, telephone and video link. They are dedicated to looking out for our wider LGBTQ+ community: <http://thekitetrust.org.uk/contact/>



Support via telephone or email, confidential help: <https://www.samaritans.org/how-we-can-help/schools/young-people/>



Free on-line support, one-to-one chat, and short-term counselling support:

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



A good website with various ideas about how you can look after yourself as well as a free 24/7 text service if you are experiencing a mental health crisis: <https://youngminds.org.uk/>



If you really cannot cope and need emergency help telephone: NHS 111, option 2

