

Links for bereavement support for adults:

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

Grief can be overwhelming. Although it is a natural process, grief can be devastating. Cruse Bereavement Care are available to support adults after the death of someone close.

Helpline: 0808 808 1677

Monday - Friday 9.30am - 5pm

Tuesday, Wednesday & Thursday 9.30am - 8pm

Weekends 10am - 2pm

Available Mon- Fri 9AM-9PM, Cruse Chat offers free support with a trained bereavement counsellor to anyone over the age of 18. The service is completely anonymous and easily accessible.

How to use CruseChat

1. On the Cruse website, click on the CruseChat pop-up in the bottom right hand corner of the screen
2. Chat directly with a bereavement counsellor about how you're feeling right now.
3. Remain anonymous or provide your name, whichever you prefer.

For children:

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

Telephone: **0118 934 2604**

**Daisy's dream offers reassurance about how to:**

Explain illness or death to children

Help children to express their grief

Understand and manage a child's behaviour after someone has died

Help to prepare children for changes to family life

Find ways to talk together about what has happened

<https://www.winstonswish.org/>

Telephone: **08088020021**

Last year, Winston's Wish supported an estimated 21,737 children and young people after the death of a parent or sibling.

If you need further support, you can contact the Helpline team by email on [ask@winstonswish.org](mailto:ask@winstonswish.org) or by using the online chat (open 1-5pm, Tuesdays and Fridays). If you need urgent help, Winston's Wish Crisis Messenger text service is available 24/7 – text WW to 85258.

<https://www.childbereavementuk.org/Child Bereavement UK support services>

Currently offering one-to-one booked telephone support as well as some groups by Zoom. Please contact them directly to find out more about the support that's right for you and your family.

Their Helpline is operating as normal, Monday – Friday, 9am – 5pm (except Bank Holidays).

Helpline: **0800 02 888 40** Live Chat via the website, and email [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Links for wellbeing support:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Samaritans

<https://www.samaritans.org/>

Telephone: **116123**

Email service. Writing an email can be a calm and safe way to work through what's on your mind. Especially if it feels too upsetting to talk about on the phone. Samaritans volunteers answer each email that comes through.

[jo@samaritans.org](mailto:jo@samaritans.org)

Writing a letter can be a personal and safe way for you to get your feelings across. It might be too upsetting to talk about certain things on the phone, and writing everything down can help you work through it.

If you don't have easy access to a computer or telephone, or just don't like email or talking on the phone, you can write to them for free here:

**Chris,**

**Freepost RSRB-KKBY-CYJK PO Box 9090**

**STIRLING FK8 2SA**

Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year.

See attached newsletter and resources for further information:

[Newsletter](#)   [Parent Workshop Leaflet](#)   [Autism Youth Club](#)  
[WWY Spring](#)   [Autism Resource Pack](#)   [LGBT Flyer](#)  
[ADHD Resources](#)   [WWY Low Mood](#)   [YP Workshop](#)