

Useful contacts

Bereavement

Child Bereavement UK:

We help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies.

enquiries@childbereavementuk.org

Visit our website: www.childbereavementuk.org

National helpline: 0800 02 888 40 Monday- Friday 9:00am - 5:00pm

Grief Encounter:

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

Supporting bereaved children and young people

Their helpline, grief talk, can be contacted from 9am-9pm Monday- Friday.

0808 802 0111.

Winston's Wish:

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline:

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

Samaritans:

Call 116 123 (Free, 24 hrs) to speak to a Samaritan

Emai: jo@samaritans.org days a year

App



Grief: Support for Young People:

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and need support. It provides the user with information and real-life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.