

Services and Websites providing support:

Harry's Rainbow:

www.harrysrainbow.co.uk

Tel: **01908 061676**

Email: info@harrysrainbow.co.uk

We support children and young people in the Milton Keynes and surrounding areas, who have been bereaved of a parent or sibling. As well as providing information and guidance on our website and social networking sites, we provide various bereavement support services. These include regular support groups, activities and trips, and individual tailored support, as appropriate.

Child Bereavement UK

www.childbereavementuk.org

Tel: **0800 02 888 40**

Email: helpline@childbereavementuk.org

Our vision is for all families to have the support they need to rebuild their lives, when a child grieves or when a child dies. We offer free, confidential bereavement support by telephone, video or instant messenger, as well as face to face from a number of locations across the UK.

We provide books, films and workbooks for bereaved families, which have been developed with their input, and for professionals.

Live Chat via www.childbereavementuk.org

Winston's Wish

www.winstonswish.org

Tel: **08088 020 021** (9am-5pm, Mon-Fri)

Email: ask@winstonswish.org

We support children and young people after the death of a parent or sibling. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them.

Our Freephone National Helpline is free to call on 08088 020 021 and offers advice, guidance and support following a bereavement.

WinstonsWish site for young people:

help2makesense.org/

If you want to speak to someone urgently,

please contact the following 24/7 crisis organisations:

Winston's Wish Crisis Messenger: **Text WW to 85258**

Samaritans: **116 123** (UK) for a free, confidential chat.

Grief Encounters

www.griefencounter.org.uk/get-support/support-services/helpline/

Our mission is to give every child and young person access to the best possible support following the death of someone close.

Grief Encounter's grietalk helpline is open 9am-9pm Monday to Friday. We offer a confidential space to chat and be heard. We are offering you several ways to get in touch:

By phone - call us now on **0808 802 0111** You can click on our instant web chat or email us anytime on grietalk@griefencounter.org.uk

RipRap

www.riprap.org.uk/support/links/bereavement_support.asp

This site is developed especially for teenagers who have a parent with cancer. In riprap, you can learn more about cancer and its treatment and through real stories you can read the experiences of other young people and share your own story.

Youth Access

www.youthaccess.org.uk/find-your-local-service/

Tel: **020 8772 9900**

Support Type: Counselling Service
Youth Access is a national organisation for young people's information, advice, counselling and support services (YIACS). Check out their website to find details of free and confidential counselling, advice or information services locally near you.



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Hope Again

www.hopeagain.org.uk

Email: hopeagain@cruse.org.uk

Tel: **0808 808 1677** (9:30am-5pm, Mon-Fri)

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

Young Minds

www.youngminds.org.uk/young-person/my-feelings/grief-and-loss

Marie Curie

www.mariecurie.org.uk/help/support/bereaved-family-friends

Tel: **0800 090 2309** Monday to Friday 8am to 6pm, Saturday 11am to 5pm. Calls are free from landlines and mobiles.

Losing somebody close affects everyone differently.

www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/supporting-a-child-whos-grieving

Sue Ryder

www.sueryder.org/how-we-can-help/bereavement-information/support-for-young-people/grief-and-bereavement-resources

From face-to-face therapy and online support groups to websites, podcasts and Instagram accounts, we've gathered some ideas here so you can see what feels most useful for you. If you're a young person who's in crisis and you need urgent help right now, you can **text SHOUT** to **85258** and talk to them for free 24/7 about anything.

Action for Children

parents.actionforchildren.org.uk/mental-health-wellbeing/low-mood-depression/how-can-i-help-my-child-when-someone-dies

Free and Live one to one chat. Our Experienced Parenting Coaches Bring You Specialist Tips and Guidance You Can Trust.

Barnardos

www.barnardos.ie/our-services/work-with-families/bereavement-services

It may take some time for a child to talk about death, but getting support and being listened to helps the healing. Barnardos Children's Bereavement Service is here to help, by working with families to help them support their child through the grieving process. While we can't shield children from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.

Barnardos Helpline Service - **(01) 473 2110** - is available from 10am-12pm Monday to Thursday

Simon Says

www.simonsays.org.uk/

Downloads available on Pre and Post Bereavement support for young people and their families.

Lets Talk about Loss

letstalkaboutloss.org/blog/

A blog where young people share their experiences of grief and loss, including the things that have helped them and the things they've learned.

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Willen Village, Milton Keynes,
MK15 9AB

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www.willen-hospice.org.uk
Registered charity number 270194



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