

## G. Helpful Organisations

**Child Bereavement UK** - Helpline 0800 02 888 40. [www.childbereavementuk.org](http://www.childbereavementuk.org)

The helpline is for families and professionals to receive support, information, guidance, and signposting to other helpful organisations. Information and support of particular relevance to schools is available. The comprehensive website has helpful sections: *For families*, *For young people*, *For schools* and *For professionals* including details of courses and workshops on a breadth of issues. There is a link to Child Bereavement UK's online learning programme for schools: Supporting Bereaved Pupils [www.eleaningschools.co.uk](http://www.eleaningschools.co.uk) and a searchable map of local bereavement organisations. Publications can be bought online, and information leaflets freely downloaded. A discussion forum for families provides online support.

**Childhood Bereavement Network** - Tel 020 78436309. [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

Website has a link to a directory of childhood bereavement organisations across the UK which provide "open access" support services such as bereavement groups. Facility for county by county search for any local help.

**Winston's Wish** - Helpline: 08452 030405. [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Offers a well produced range of resources and publications including activity sheets, books and leaflets. The interactive website has a special section for young people where they can email questions to a bereavement counsellor and share experiences with other bereaved children. There is an area that answers frequently asked medical questions on topics such as what is a heart attack. The website has a helpful section for schools.

**CRUSE Bereavement Care** - [www.cruse.org.uk](http://www.cruse.org.uk)

Offers various resources including books for children and adults, leaflets and DVDs. Nearly 200 local branches provide one to one bereavement support and social groups. Some have specially trained children's counsellors.

**Hope Again** - <http://hopeagain.org.uk>

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where young people who are facing grief can share their stories with others. Here you will find information about their services, a listening ear from other young people, and advice for anyone dealing with the loss of a loved one. Teaching staff should view it before recommending to a child.

**The Compassionate Friends** - Helpline: 0345 123 2304 [www.tcf.org.uk](http://www.tcf.org.uk)

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child/children, at any age. Offers support by befriending, one to one, group, letter/email, newsletter, useful publications, postal library and a programme of informal weekend retreats and an annual weekend gathering.

**SAMM (Support After Murder & Manslaughter)** - Helplines: 0845 872 3440 / 0121 451 1618 [www.samm.org.uk](http://www.samm.org.uk)

SAMM is a national charity supporting families bereaved by Murder and Manslaughter. They also provide advice and training to many agencies on issues relevant to the traumatically bereaved.

**WAY Widowed and Young** - [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

WAY is the only national charity in the UK for men and women aged 50 or under when their partner dies. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age themselves, so they understand what other members are going through.

**Brake Care** - Victim Helpline 0808 8000 401 (10-4 Mon-Fri) [www.brake.org.uk](http://www.brake.org.uk)

A road safety charity that offers emotional support and practical information to anyone bereaved, or seriously injured, in a road crash. This includes advice and information for families, friends, children and young people. An excellent booklet "Someone Has Died Suddenly" can be downloaded free. This is a guide for adults and children to read together after someone close has been killed.

**Sudden** - [www.suddendeath.org](http://www.suddendeath.org)

For people bereaved by sudden death whether it's through a road crash, suicide, disaster, war, accident, or undiagnosed medical reasons, who are often left isolated, bewildered and traumatised and need specialist

support to help them cope and move forwards with their lives. **Sudden** is a global charitable initiative by Brake (above) aiming to help ease the suffering of people bereaved by any kind of sudden death.

**Suicide of Bereavement by Suicide SOBS** - Helpline 0300 111 5065 (9am-9pm daily) [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation experienced by those bereaved by suicide. This self-help organisation aims to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. It offers a unique and distinct service for bereaved adults across the UK, run by the bereaved, for the bereaved.

**Papyrus** – Helpline 0800 068 41 41 [www.papyrus-uk.org](http://www.papyrus-uk.org)

National charity dedicated to the prevention of young suicide. It delivers awareness and prevention training, provides confidential support and suicide intervention through its HOPELineUK, campaigning and influencing national policy, and empowering young people to lead suicide prevention activities in their own communities.

**SANDS – Stillbirth and Neonatal Death Charity** - 020 7436 5881 [www.uk-sands.org](http://www.uk-sands.org)

Sands supports anyone who has been affected by the death of a baby before, during or shortly after birth. It offers emotional support and information for parents, grandparents, siblings, children, families and friends, health professionals and others.

**Grandparentsplus** – [www.grandparentsplus.org.uk](http://www.grandparentsplus.org.uk)

National charity which champions the vital role of grandparents (Lost contact with a grandchild? Tel: 0300 033 7015) and the wider family in children's lives – especially when they take on the caring role (Looking after a grandchild? Tel: 0300 123 7015) in difficult family circumstances and when they have lost contact with children.

**BACP (British Association of Counselling and Psychotherapy)** - [www.bacp.co.uk](http://www.bacp.co.uk)

BACP is a professional body for counselling and psychotherapy. The website has a directory of counsellors and therapists, enabling a geographic search for who is available within a given area. It lists charges and issues in which each counsellor specialises.