

- **Winston's Wish:** Advice on supporting a bereaved child or young person. Tel: 08088 020 021 Alternatively, email ask@winstonswish.org. There is also an online chat facility available on the website (www.winstonswish.org.uk) and a Crisis Messenger service available 24/7 (Text WW to 85258). Online information and resources.
- **Child Bereavement UK:** Offering advice for bereaved children and schools. [The education sector | Child Bereavement UK](#)
- **Cruse Bereavement Care:** Website includes further information for parents and carers <https://www.cruse.org.uk/get-help/for-parents> Helpline: 0808 808 1677
- **Solihull Bereavement Care:** <https://solihullbereavement.org/>
- **Young Minds Parents Helpline:** <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>: Available to offer advice to parents and carers worried about a child or young person under 25. Tel: 0808 802 5544
- **#help2makesense** website: Offers information and support to young people <https://help2makesense.org/>
- **Hope Again** website: Offers information and support to young people. Young people can email hopeagain@cruse.org.uk or can call 0808 808 1677
- **The Mix** website: Offers information and support to young people under 25 years old via telephone (0808 808 4994, open daily, 4.00pm – 11.00pm), email or webchat <https://www.themix.org.uk/>
- **NHS website:** Offers information and advice trauma, including guidance for adults on how to take care of themselves: [NHS England — London » Help and support after a traumatic event](#)
- **Video on how to answer children's questions about a bereavement:** <https://www.winstonswish.org/how-to-answer-difficult-questions-about-a-bereavement/>
- **Samaritans:** website: Offers information and support to young people. Young people can email hopeagain@cruse.org.uk 24/7 call line is 116 123
- **Suicide Prevention UK:** - 6pm- midnight 0800 689 5652
- **Support After Suicide:** <https://supportaftersuicide.org.uk>
- **CALM:** 5pm to midnight call line: 0800 58 58 58
- **Shout:** 24/7 Text Crisis line - Text Shout to 85258
- **Papyrus Hopeline:** - Young Peoples 24/7 0800 068 4141
- **Search for urgent local mental health crisis lines:** <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-healthhelpline/location>

