

Bereavement online resources

There are many different charities offering support to children and families around bereavement, these listed here offer more appropriate information that is geared around schools as well as children and families.

1. Winstons Wish

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

They offer a range of resources and support options for children and their families including:

- Freephone National Helpline is free to call on 08088 020 021 which offers therapeutic advice following a bereavement. The helpline provides bereavement support for parents, carers and

Registered Office: Place2Be, 175 St John St, Clerkenwell, London EC1V 4LW, 020 7923 5500

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Professionals who are looking for childhood bereavement advice and support.

- Online chat support designed to help children and young people talk about their grief and discuss ways to manage this via one to one support speaking to someone.
- ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it.

2. Childhood Bereavement Network

<http://www.childhoodbereavementnetwork.org.uk/>

They offer a range of resources and support for children, parents and schools. This website had a large library of downloadable documents and resources that can be printed and used with families to support them through their bereavement.

3. Grief Encounter

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

This organisation provides support for children who have suffered from the death of a parent with a range of different services including:

Griefftalk: – an online service providing support for a child, teenager or adult who has recently experienced the death of a loved one. This can be accessed in a number of ways: • **TALK** Talk to griefftalk from any phone for free 0808 802 0111 • 1-2-1 CHAT live session with a griefftalk counsellor • **TYPE** send an email to griefftalk@griefencounter.org.uk

Family Programme - a range of services from a supportive voice at the end of a phone, group activities with likeminded families at Fundays, Grief Groups and Remembrance Days, to long term one-to-one counselling. Provided by professional counsellors, trained in the area of bereavement, determining a personal plan for each individual.

E-counselling service - serves the demand of the young, digitally apt community. Young people suffering from bereavement can get in contact via electronic methods including e-mail and Skype. Contact ecounselling@griefencounter.org.uk for more information.