

Bereavement Support

For children and young people

Simon Says

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

Simon Says is a charity based in Southampton. They have a telephone help line as well as lots of other support such as a monthly support group and a befriending service.

Helpline: 02380 647550
E-mail: info@simonsays.org.uk

RD4U

<http://www.rd4u.org.uk/>

A website designed for young people, by young people, to provide support after the death of someone close. There is a message board and support page.

Helpline: 0808 808 1677

Winston's Wish

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

The young people's area lets you try activities, ask questions about death and bereavement, remember the person in a skyscape of memories, and talk through the message boards with other young people who have been bereaved.

Helpline: 08452 03 04 05
E-mail: say@winstonswish.org.uk

Child Bereavement Charity

<http://www.childbereavement.org.uk/For/ForYoungPeople>

Useful information about understanding feelings, what happens at a funeral and about going back to school or college after someone has died.

Helpline: 01494 568900
E-mail: support@childbereavement.org.uk

Compassionate Friends Sibling Support

<http://tcfsiblingsupport.org.uk/>

Information and support for those who have lost their brother or sister as a young adult. There is a forum and pen pals programme.

Helpline: 08451 232304

Child Line

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

A free, confidential 24 hour helpline service, with information in the help and advice section of the website about death and bereavement.

Helpline: 0800 1111

