



Children and Young People **Bereavement websites**

www.winstonswish.org.uk – National Charity offering guidance on how to support bereaved Children and Young people

www.hopeagain.org.uk - Youth website of Cruse Bereavement Care, offering support advice for young people following a loss

www.griefcounter.org.uk – website for parents, schools and young people, offering guidance on what to expect in bereavement during childhood

Other useful websites

The Source

www.thesource.me.uk

Live chat sessions Mon – Fri, 5pm – 7pm

Online Information and guidance on a wide range of issues, including Bullying, education, finance, Work, transport, Physical and mental health

4YP - Suffolk Young People Health Project

01473 252607 (Mon – Fri, 10am – 5pm)

www.4yp.org.uk

Charity supporting young people aged between 12 to 25, offering group work, 1:1 sessions and drop in workshops. Offers support and information on issues including; emotional wellbeing, school pressures, independent living, sexual health, addictions and self harm.

Childline

0800 1111 (24 hour)

www.childline.org.uk

A confidential service where you can talk about anything, from self-harm and sexting to exam stress, eating problems and bereavement.

Young Minds

www.youngminds.org.uk

Website supporting young people's mental health with practical advice on a range of issues including depression, anxiety, ADHD and PTSD.

Suffolk Recovery Network Youth Service

0300 123 0872

www.turning-point.co.uk

Free service offering 1;1 support and education about drugs and alcohol for young people up to their 19th birthday.

National Self Harm Network

Online forum

www.nshn.co.uk

Organisation campaigning for the rights of people who self-harm and an understanding of self harm among all age groups.

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help

By texting 'SHOUT' to '85258' you will be put in touch with a trained crisis volunteer who will chat to you via text.

