Where do I find help?

Childline – National Helpline Tel: 0800 1111

This is a free and confidential, 24-hour helpline for children and young people feeling in distress or danger. Trained volunteer counsellors comfort, advise and protect children and young people who may feel they have nowhere else to turn.

Web page: http://www.childline.org.uk

Child Death Helpline – Tel: 0800 282 986

This is a free and confidential helpline available Monday to Friday 10.00am-1.00pm; Tuesday and Wednesday 1.00pm-4.00pm; every evening 7.00pm-10.00pm.The helpline provides support to anyone affected by the death of a child of any age.
Web page: www.childdeathhelpline.org.uk

Cruse Bereavement Care (North London) – Tel: 020 8368 6789 (local charges may apply or 116 123 (Local 24 hour service - this number is free to call)

This service is free and confidential offering a 1-1 service to clients in their own homes. Cruse helps and supports anyone who has been bereaved by death to help understand their grief and cope with their loss.

Web page: http://www.cruse.org.uk

Cruse Bereavement Care: Youth Bereavement Service – Tel: 0808 808 1677

This youth bereavement service (called the Youth Involvement Project) is free and confidential. It is available Monday – Friday, 9:30am – 5:00 pm. It is just for children and young people who have been affected by someone's death. It uses different ways to support young people after someone close to them has died. These include the free phone number, the website and peer support.

If someone you know has died you could use the website site called 'RD4U' to find out how others in your situation have coped - read their experiences in the personal section, share your thoughts and feelings on the message board, offer advice to others and look at ideas for coping. The main aim of the site is to let you find your own 'road' to dealing with your loss.

Web page: http://www.rd4u.org.uk

Winston's Wish – Tel: 08452 03 04 05

Winston's Wish provide a national helpline for anyone caring for a child coping with the serious illness or death of a family member They offer practical support and guidance to families, professionals and anyone concerned about a grieving child.

Web page: http://www.winstonswish.org.uk

Kooth

This is a free safe online confidential counselling support for young people. It is available Monday – Friday 12pm-10pm and Saturday-Sunday 6pm-10pm.

Web page: https://www.kooth.com/