



Caring for a bereaved child or young person can be challenging especially while coping with your own grief. Here are some useful organisations that may be able to help you.
Some are national, some are local to Hampshire.



**Signposting
for Families**

General Bereavement Support		
At a Loss	Signposting service helping bereaved people find support and wellbeing.	https://ataloss.org
Cruse Bereavement Support	Help people through one of the most painful times in life – with bereavement support and information	https://www.cruse.org.uk
Good Grief Trust	Signposting service - The Good Grief Trust is run by the bereaved for the bereaved offering help and hope in one place with advice and guidance for any bereavement, anywhere in the UK	www.thegoodgrieftrust.org
SupportLine	Confidential emotional support for children, young people and adults	www.supportline.org.uk
Support for Bereaved Children and Young People		
Childhood Bereavement Network	A signposting service hub for those supporting bereaved children and young people	www.childhoodbereavementnetwork.org.uk
Plan If	Part of the Childhood Bereavement Network – covering the importance of parents making plans in case they die while their children are still young.	planif.org.uk
Child Bereavement UK	Supports children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.	www.childbereavementuk.org
Grief Encounter	Helps bereaved children & young people rebuild their lives after a death by offering therapy.	www.griefencounter.com
Hope Again	A youth website for young people aged 12-25 years old where you can learn from other young people how to cope with grief and feel less alone.	www.hopeagain.org.uk
Jigsaw South East	Supporting children and young people through the death of a loved one – Surrey & West Sussex	https://www.jigsawsoutheast.org.uk

Sibling Support	Helps young people whose brother or sister has died	www.siblingsupport.co.uk
Take our Hand	Support for young people – aged 16-25 – who live in England who are going through a bereavement	www.takeourhand.org.uk
Winston's Wish	Help for grieving children and their families. Digital advice, helpline, live chat, one-to-one counselling - up to age 25. Also for schools and professionals.	www.winstonswish.org
Bereavement Support for Parents and Families		
2Wish	For those affected by the sudden or unexpected death of a child or young person under 25.	www.2wish.org.uk
Independent Age (GriefChat)	A confidential, free helpline with a grief counsellor	When someone dies Independent Age
Child Death Helpline	A confidential freephone helpline service for all those affected by the death of a child.	https://www.childdeathhelpline.org.uk/
The Compassionate Friends	If your family have had a child die, the Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.	www.tcf.org.uk
Family Lives (formerly Parentline Plus)	Confidential and free helpline service for families in England and Wales. Offers emotional support, information, advice and guidance on any aspect of parenting and family life.	www.familylives.org.uk
The Lullaby Trust	Bereavement Support Helpline – provides specialist support to bereaved families and anyone affected by sudden infant death.	www.lullabytrust.org.uk/bereavement-support/find-support
Rainbow Trust	Emotional and practical support to families who have a child with a life threatening or terminal illness.	www.rainbowtrust.org.uk
SANDS - Stillbirth & Neonatal Death Society	Providing support for parents and families whose baby is stillborn or dies soon after birth.	www.sands.org.uk
Together For Short Lives	Supporting children and their families facing life-threatening and life limiting conditions.	www.togetherforshortlives.org.uk

Bereavement due to illness or cancer

Cancer Support UK	Help and support to children and young people affected by a cancer diagnosis	https://cancersupportuk.org/signposting/children-and-young-people
Jane Scarth House	Romsey Cancer Support Centre providing emotional and practical support to anyone whose life is affected by cancer	www.janescarthhouse.co.uk
Macmillan Cancer Support	National coverage offering a wide range of support for those facing cancer. They have a tool kit for working with children pre-bereavement.	https://www.macmillan.org.uk/
Marie Curie	UK's leading end of life charity – providing resources to aid conversations with children about life threatening illness.	https://www.mariecurie.org.uk/
Wessex Cancer Support	Provides emotional and wellbeing support to anyone affected by cancer in the Wessex area.	www.wessexcancer.org.uk

Bereavement after accidents

BRAKE National Road Victim Service	If someone you love has been killed or seriously injured in a road crash, Brake is here to help	www.brake.org.uk/support
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Bereavement after suicide

Amparo	Support following suicide	https://amparo.org.uk
SOBS Survivors of Bereavement by Suicide	Peer-led support to adults impacted by suicide loss	https://uksobs.com
Papyrus	Prevention of young suicide. Provides resources and support for those dealing with suicide, depression or distress – particularly teenagers and young adults	www.papyrus-uk.org

Bereavement support for young adults

Let's Talk about Loss	Supports young people aged 18-35 who are bereaved	https://letstalkaboutloss.org
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Bereavement support for widowed

WAY Widowed and Young	Providing UK wide support and a social network for men and women widowed under the age of 50 years, and their children.	www.widowedandyoung.org.uk
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General mental health support for young people

MIND	Supporting people with mental health problems	www.mind.org.uk
Young Minds	Information for young people about mental health and emotional wellbeing	www.youngminds.org.uk
Hub of Hope	website that can signpost in your area for mental health support	www.hubofhope.org.uk
Andy's Man Club	Mental health support for men	www.andysmanclub.co.uk

Counselling

BACP	British Association for Counselling and Psychotherapy - signposts to counsellors	www.bacp.org
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Crisis Support

Samaritans	Whatever you are going through a Samaritan will face it with you. 116 123 (24/7 Helpline)	www.samaritans.org
Childline	Free national helpline for children and young people. Information on bereavement. 0800 11 11 (24/7 Helpline)	www.childline.org.uk
SHOUT	Urgent mental health support Text 85258	www.giveusashout.org

Hampshire-based support organisations for adults and children/young people (by Support Group location)

Hampshire CAMHS	Hampshire CAMHS run regular Information & advice sessions for parents and young persons on supporting with mental health issues (often in The Arc, Winchester)	www.hampshirecamhs.nhs.uk/events
Hampshire Youth Access	Hampshire Youth Access (HYA) is a partnership of 11 leading agencies providing counselling, mental health and emotional wellbeing advice and support to children and young people aged 5 - 17 (or 24 for care leavers and SEND) across Hampshire.	www.hampshireyouthaccess.org.uk

Southampton/Chandlers Ford/Eastleigh/Winchester

Winchester Bereavement Support	Free 1:1 listening support for bereaved adults 18+	www.wbs.org.uk
Winchester Youth Counselling	Free counselling, therapy and drop-ins for young people aged 11-25 across Winchester District (& parts of Meon Valley)	www.winchesteryouthcounselling.org
EBS Counselling (Empathy Bringing Support) Charity	free counselling service for bereaved families in Southampton area	www.ebs-bereavement.co.uk
KvLS mental health support – for adults (central Southampton)	Bereavement counselling at a low cost	www.mentalhealthsupportsouthampton.co.uk
Butterflies Bereavement Support (Eastleigh)	free counselling and drop-in service in Eastleigh supporting bereaved people	www.bflies.org.uk

Basingstoke

Mindspace Foundation	a not for profit that provides open ended counselling for adults and children	www.mindspacefoundation.co.uk
Bereaved Parents Support -1:1 service for parents	Bereaved Parents Support -1:1 service for parents who have had a child/children death through either stillbirth, Neonatal death, SIDS (Sudden Infant Death Syndrome), Foetal abnormality or in early childhood.	Please ring Annie enquiries on 07527489143.

Gosport/Fareham

The Moving On Project	Free support for young people in Fareham and Gosport. Counselling, mentoring and drop-in's. Counselling up to age 25. Mentoring and drop-in's up to age 19.	www.the-mop.org
Motiv8 – Portsmouth, Havant & Gosport	support and mentoring for children and young people	www.motiv8.org.uk

Portsmouth & East Hampshire

Lighthouse Youth Club for 10-18 year olds (havant)	Drop-in with focus on mental health and support. Youth workers available.	www.easthantsmind.org/wellbeing-services/children-and-young-peoples-wellbeing/the-lighthouse-project/
CYP Safehaven (Havant/East/Southeast Hants) for 11-17 year olds	part of Havant & East Hants Mind	Children and Young People's Safe Haven – Havant & East Hants Mind
Portsmouth Young Carers	Support for those children caring for a parent at home	youngcarers@portsmouthcc.gov.uk
The Dragonfly Project	We support families with children aged pre-birth to 11 years to resolve challenges before they become bigger problems using a trained facilitator.	https://www.daybreakfgc.org.uk/dragonfly
Kooth	Providing free 1:1 anonymous support for 11-18 year olds supporting mental health	www.kooth.com

Andover

Safe Haven – Mind Andover – over 18s	18 plus counselling service for adults who are experiencing mental health difficulties	North and Mid Hampshire Safe Haven - Andover Mind
Be You – Andover	11-17 mental health support - drop-in sessions, 1:1 support	Be You: mental health support for 11-17 year olds - Andover Mind

New Milton/New Forest

Elsie's Rose	for parents who are grieving the loss of a child	www.elsiesrose.com
It's Your Choice	Support and counselling for children and young people in the New Forest area	Www.iyc.org.uk
Organisations with useful resources (not Hampshire-based)		
CHUMS Emotional Wellbeing Services	Kent, Bedfordshire, Milton Keynes	www.chums.uk.com
The Dove Service	Stoke on Trent	www.thedoveservice.org.uk
Holding on Letting Go	Kent & South East London	www.holg.org.uk
Josephine's Star	Somerset	www.josephinesstar.org.uk

We aim to keep this information as current as possible, so will update it regularly.

If you know of any useful links for families, then please let us know and we will add it to the list!