



Bereavement Resources for Young People

Ormiston Stars Children's Bereavement Support Service

Specialist pre and post bereavement counselling for children and young people aged 0-25, living in Cambridgeshire. Also provides support for families and professionals.

www.ormiston.org.uk

Centre 33

Provides free counselling to young people aged 13 to 25 years in Cambridgeshire and Peterborough. There is also support for young carers aged 8-18

www.centre33.org.uk

Winston's Wish

Support for bereaved children and young people.

www.winstonswish.org/

Help2makesense

Help 2 Make Sense is an online tool brought to you by Winston's Wish, a charity supporting bereaved children and young people. It aims to help young people who have experienced the death of a loved one come to terms with their loss.

We know how beneficial it can be to learn that you are not alone. That you are not the only young person going through this. That's why we want to share the stories of young people we've supported, and how they have coped with their grief.



You'll also find advice and tips on coping with your grief, resources and reading lists to help you come to terms with the death of someone close to you.

www.help2makesense.org

Young Minds

When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope, we can help you find support. This website includes short videos and links to other services.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

www.hopeagain.org.uk

Let's Talk About Loss

Supports 18-35 year olds who have been bereaved of anyone, at any time.

They run monthly, peer-led meet ups all over the country and there is one online too, so wherever you are, you can access support. They talk about grief in a relaxed, fun and safe space with others of the same age who 'get it'.

www.letstalkaboutloss.org or follow @talkaboutloss on social media.



Grief Encounter

Being bereaved at this age is difficult to say the least. We hope to give you some information about what grief may look and feel like for you and some of the natural responses after a bereavement.

We will be there for you when you feel you would like our support. Here are some of the ways in which we can support you through these overwhelming and challenging times:

- Grietalk Helpline
- One to one counselling
- Group counselling
- Therapeutic Workshops
- Fun Days Out
- Residential
- FREE Resources (Workbooks, Grief kits)

We know that it can be scary to engage in this process, but we want you to know that you do not have to do this alone. Grief Encounter are a click or phone call away, where we hope to support you through these overwhelming experiences. If you would like to read some of the natural responses to grief, take a look at our grief guide or give us a call/email.

www.griefencounter.org.uk

Young Minds Crisis Messenger

The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>