

Sources of Support for Young People

Kooth - free, safe and anonymous online support for young people - www.kooth.com

Winston's Wish - www.winstonswish.org.uk

“Beyond the Rough Rock”

“Out of the Blue”

email questions to bereavement counsellor

www.hopeagain.org.uk

www.griefencounter.org.uk

www.uk.sobs.org.uk – SOBS (survivors of Bereavement of suicide)

Free App for Apple and Android

“Grief support for young people”

- Designed by bereaved young people for bereaved young people
- Can also be used by friends, parents and professionals supporting bereaved young people

Young Minds - the voice of young people’s mental health and wellbeing - call 0808 802 5544

Childline - 0800 1111