

A Community Approach to Supporting Bereavement, Loss and Grief

Where to Find Help




Confidential Help

Childline Scotland

www.childline.org.uk


0800 11 11

 Free, confidential telephone helpline and online support for children and young people available 24 hours

Breathing Space

<https://breathingspace.scot/>

0800 83 85 87

 Free, confidential telephone helpline for those experiencing low mood or depression available Monday to Thursday 6pm – 2am and Friday to Monday 6pm – 6am

Campaign Against Living Miserably (CALM)

www.thecalmzone.net

0800 58 58 58


 Free, confidential helpline and online support for **males of any age** who are in crisis

Samaritans

www.samaritans.org

jo@samaritans.org

116 123

 Free, confidential telephone helpline and email support for those in crisis or need to talk available 24 hours

Young Minds Crisis Messenger

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

TEXT YM to 85258

- free, 24/7 crisis support across the UK
- aiming to connect every texter to a trained volunteer in less than 5 minutes to provide support via text in a crisis

Preparing for and Following a Bereavement

Child Bereavement UK

www.childbereavementuk.org

support@childbereavementuk.org

0800 028 8840

- Confidential information and support line for families and professionals when a child has died and when a child is bereaved
- Counselling and Bereavement Support
- Web discussion for families and for professionals
- Message boards and forums
- Resources, information and training courses
- Child Bereavement App – Grief Support for Young People

Cruse Bereavement Care Scotland

<http://www.crusescotland.org.uk/>

support@crusescotland.org.uk

0845 600 2227

- Telephone helpline, webchat and face to face support
- Support Groups including Step by Step Group in Fife
- Support for children and young people - for online help we suggest The Little Website
- Resources, information and training courses




Hope Again (Youth website of Cruse Bereavement Care)

<http://hopeagain.org.uk/>

helpline@cruse.org.uk

0808 808 1677

hopeagain@cruse.org.uk




-  Free telephone and email support for bereaved young people available Monday to Friday 9.30am – 5.00pm
-  Individual and group support
-  Resources, information and training courses

Richmond's Hope

www.richmondshope.org.uk

glasgow@richmondshope.org.uk

0141 230 6123

-  Individual and group support for bereaved children & young people from 4-18 years and their families
-  Telephone Support & Advice
-  Information, training and resources

Winston's Wish

www.winstonswish.org.uk

ask@winstonswish.org

08088 020 021

-  Telephone helpline, email and online support or anyone supporting a grieving child
-  Information, training and resources



For Those Affected by a Life Limiting or Life Shortening Illness

Prince and Princess of Wales Hospice

<https://www.princeandprincessofwaleshospice.org.uk/>

info@ppwh.org.uk

0141 429 5599

-  Family Support Service offering support to anyone living with the impact of a life limiting, or life shortening illness through counselling and befriending
-  Butterfly Service for children and young people

ACCORD Hospice

<https://www.accordhospice.org.uk/>

0141 581 2014

 Bereavement support groups and 1-1 counselling for those affected by a life limiting illness

Preparing For and Following a Suicide

Beautiful Inside and Out Scio

beautifulinsideandoutscio@gmail.com

07984 328808

 Scottish charity which supports bereaved parents and siblings of suicide victims


 Facebook page advertises group events (search Beautiful Inside and Out – SCIO)

PAPYRUS – Prevention of Young Suicide

<https://papyrus-uk.org/>

pat@papyrus-uk.org

0800 068 41 41

 Free and confidential help and advice to young people and anyone worried about a young person


 Information, resources, training and awareness raising

Petal – People Experiencing Trauma and Loss

www.petalsupport.com

info@petalsupport.com

01698 324 502

 Telephone and face to face counselling and support for families and friends of murder and suicide victims including support for children and young people


 Drop-in centre in Hamilton and Outreach programmes in Glasgow and Edinburgh

Step by Step - Samaritans Postvention Service

www.samaritans.org/scotland/how-we-can-help/schools/step-step/

www.samaritans.org/scotland/how-we-can-help/schools/step-step/step-step-resources/stepbystep@samaritans.org

08081 682528

 Supporting organisations which work with young people to prepare for and recover from a suicide

Survivors of Bereavement by Suicide (SOBS)

<https://uksobs.org>

email.support@uksobs.org

0300 111 5065

 Providing group support to adults (18+) who are bereaved by suicide

This leaflet can be accessed electronically

For those with an East Renfrewshire Glow Account:

<https://blogs.glowscotland.org.uk/er/meetinglearnerneeds/support-for-health-and-wellbeing/support-for-bereavement-and-loss/>

or via the East Renfrewshire Educational Psychology Website:

<https://blogs.glowscotland.org.uk/er/PsychologicalService/>