



HEALTHIER MINDS

EAST RENFREWSHIRE COUNCIL

**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

Crisis Counselling

<http://www.crisiscounselling.co.uk/>

info@crisiscounselling.co.uk

0141 812 8474

 Self-refer for confidential counselling sessions (small fee for self referrals)



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

Much Loved

<https://www.muchloved.com/>

- Create an online tribute to remember and celebrate someone special and option to fundraise in their memory
- Chat online to a specially trained bereavement counsellor





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/>