



# HEALTHIER MINDS

## EAST RENFREWSHIRE COUNCIL

**A Community Approach to Supporting  
Bereavement, Loss and Grief**

**Where to Find Help**



The Prince & Princess  
of Wales Hospice



## Confidential Help

### Childline Scotland

[www.childline.org.uk](http://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](http://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](http://www.samaritans.org)

[jo@samaritans.org](mailto: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](mailto: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

## LGBT+ Youth Helpline (East Renfrewshire)

TEXT 07792 661182

- Text messages can be left at any time and will be answered on a Monday and Thursday from 7-9pm

## Preparing for and Following a Bereavement

### Child Bereavement UK

[www.childbereavementuk.org](http://www.childbereavementuk.org)

[support@childbereavementuk.org](mailto: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](mailto: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](mailto:helpline@cruse.org.uk)

0808 808 1677

[hopeagain@cruse.org.uk](mailto: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](http://www.richmondshope.org.uk)

[glasgow@richmondshope.org.uk](mailto: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](http://www.winstonswish.org.uk)

[ask@winstonswish.org](mailto: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](mailto: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](mailto: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](mailto: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](http://www.petalsupport.com)

[info@petalsupport.com](mailto: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/](http://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](http://www.samaritans.org/scotland/how-we-can-help/schools/step-step/step-step-resources)

[stepbystep@samaritans.org](mailto: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](mailto: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/>