







# Bereavement Support

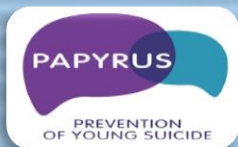


Your weekly online resource for useful support services and ideas to aid family well-being:

## Online Resources of the Week: Bereavement Support

Please find below a range of resources available to support with bereavement at this time:

	Alice House hospice – Hartlepool Alice House hospice is a local registered charity available to provide additional bereavement support, should a child or young person appear 'stuck' in the grief process.
	Winston's wish - <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> Winston's wish is a registered charity providing additional advice online, during the current Coronavirus situation. Helpline – 08088 020 021 or text WW to 85258
	Young minds- <a href="https://youngminds.org.uk/findhelp/feelings-and-symptoms/grief-and-loss/">https://youngminds.org.uk/findhelp/feelings-and-symptoms/grief-and-loss/</a> Young minds is a registered charity designed to support different areas of mental health.
	Child bereavement UK charity <a href="http://www.Childbereavement.org">www.Childbereavement.org</a> Helpline 08000288840, offer a free online live chat service and a helpline to offer advice to adults supporting children through a bereavement.



## Suicide Prevention Support

PAPYRUS Young suicide prevention society. Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

## At High Tunstall we are supported to TALK ...

*'Asking for help isn't a sign of weakness, it is a sign of strength.'*

Barack Obama

