

Grief Support for young people

You are not alone.
Help is here when you need it.

Cruse

Bereavement Support

Cruse Bereavement Support

Offers free Bereavement support, information and services for children, young people and families.



Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

CYPSP
Children & Young People's Strategic Partnership

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Youth Wellness

A safe space to find information, advice and emotional wellbeing support if you're struggling with grief or loss.



hopeagain
young people
living after loss

Hope Again

Supports young people coping with Bereavement and living after loss.



Child Bereavement UK
REBUILDING LIVES TOGETHER

Child Bereavement UK

Helping families to rebuild their lives after loss. Supporting children and young people when someone important to them has died.



It's okay to not be okay.
Talking helps. Reaching out is brave.
You matter.

Support is always here. You don't have to face it alone.