

## **Bereavement Support**



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Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss.

Losing someone important to us can be emotionally devastating - whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss. Please see below some useful contacts.

### **Child Bereavement UK**

Helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age.

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

### **Cruse**

Helps people through one of the most painful times in life – with bereavement support, information and campaigning.

[www.cruse.org.uk](http://www.cruse.org.uk)

### **Hope Again**

Hope again is youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

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

### **Winston's Wish**

A childhood bereavement charity. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

### **Guy's Gift**

Provides bereavement support for children, young people and their families across Coventry and Warwickshire.

[www.guysgift.co.uk](http://www.guysgift.co.uk)