**Resources - Websites**

**General**

Cruse Bereavement Care A national voluntary organisation that offers a free, confidential bereavement counselling service to people of all ages.

Tel: 01624 668191 (local branch)

Tel: 0870 167 1677 (adult helpline)

Tel: 0808 808 1677 (young people's helpline)

Website: [www.crusebereavementcare.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_childdies.shtml/ext/_auto/-/http%3A//www.crusebereavementcare.org.uk/)

Rd4U RD4U is a website designed for young people by young people.

Website : [www.rd4U.org.uk](http://www.rd4U.org.uk)

Winston's Wish   Support for bereaved children and their parents or carers.

Tel: 01242 515157

Tel: 0845 203 0405 (Helpline : Mon-Fri 9-5pm)

Website: [www.winstonswish.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpchildren.shtml/ext/_auto/-/http%3A//www.winstonswish.org.uk/)

Childline Tel: 020 7239 1000; 0800 1111 (24-hour helpline)

Website: [www.childline.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpchildren.shtml/ext/_auto/-/http%3A//www.childline.org.uk/)

Childhood Bereavement Network Tel: 0115 911 8070

Website: [www.ncb.org.uk/cbn](http://www.ncb.org.uk/cbn)

Child Bereavement Trust   Tel: 01494 446648 (general inquiries)

Tel: 0845 357 1000 (information and support line)

Website: [www.childbereavement.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpchildren.shtml/ext/_auto/-/http%3A//www.childbereavement.org.uk/)

The Child Death Tel: 0800 282986  (Helpline : Offers telephone support weekdays from 10am to 1pm and 7pm to 10pm, and weekends 7pm to 10pm.)

Website: [www.childdeathhelpline.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_childdies.shtml/ext/_auto/-/http%3A//www.childdeathhelpline.org.uk/)

The Compassionate Friends A national organisation offering support and friendship to bereaved parents and families.

Tel: 0117 953 9639

Website: [www.tcf.org.uk](http://www.tcf.org.uk )

**Pets**

Pet Bereavement Support Service Tel: 0800 096 6606, (from 8.30am to 8.30pm.)

**Trauma and sudden death**

Brake Care This organisation has published a booklet, Coping With Grief: When Someone You Love is Killed on the Road.

Tel: 01484 559983

Drowning Support Network Support for those who've lost loved ones by drowning or in other aquatic accidents.

Website: [health.groups.yahoo.com/group/DrowningSupportNetwork](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_sudden.shtml/ext/_auto/-/http%3A//health.groups.yahoo.com/group/DrowningSupportNetwork)

Victim Support Victim Support is an independent, charitable organisation providing emotional support, practical assistance and information to people affected by crime. It has staff and specially trained volunteers who can help support people bereaved and affected by murder.

Every person experiences bereavement differently with feelings changing from day to day. Victim Support staff and volunteers are trained to listen to your thoughts and concerns. They are also able to put you in contact with formal counselling or other more specialised support including self-help support groups who have personal experience of what you are currently going through.

It can be difficult to consider practical matters at this time. Victim Support can provide you with help to deal with the demands and pressures that arise. This includes accompanying you to the police station, helping you to make alternative housing arrangements and helping you liaise with other agencies, for example, your youngster’s school.

Victim Support can also provide you with information on the criminal justice system and how it works, for example:

* The police investigation
* The role of the pathologist
* The role of the prosecution
* The role of the defense
* What will happen in court
* The media
* Claiming criminal injuries compensation

Victim Support has trained staff and volunteers who are experienced in the court system. They provide emotional support at court and can provide information about the legal process, what will happen on the day and where possible arrange a pre-court visit. Victim Support will also try to:

* Arrange a private entrance for you to arrive at court
* Find somewhere private for you to wait for the hearing
* Reserve special seating in court for you

It is often difficult to know how much to tell a young person about the murder of a loved one or to decide whether they should go to the funeral or not.

Victim Support volunteers who have undergone training in supporting people bereaved through murder have been specifically trained to work with parents/guardians of young people who have been bereaved in this way. They can help you support your young person

Tel : 679950

Website: [www.victimsupport.com](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_sudden.shtml/ext/_auto/-/http%3A//www.victimsupport.com/)

PETAL PETAL (People Experiencing Trauma and Loss) and FOMC  (Families of Murdered Children) represent the self-help network for people bereaved through murder.

Tel : 01698 324 502

FOMC PETAL  (People Experiencing Trauma & Loss) and FOMC  (Families of Murdered Children) represent the self-help network for people bereaved through murder.

Tel : 01698 336646

SAMM SAMM (Support After Murder or Manslaughter) offers support to families and has assisted the Home Office in developing a homicide information pack.

Website: [www.samm.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_sudden.shtml/ext/_auto/-/http%3A//www.samm.org.uk/)

Parents of Murdered Children   Offers online support

Website: [www.pomc.com](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_sudden.shtml/ext/_auto/-/http%3A//www.pomc.com/)

**Mental health**

SOBS SOBS (Survivors of Bereavement by Suicide) offers support to those who've experienced suicide and has an informative leaflet for survivors.

Tel: 01482 210287

Website: [www.uk-sobs.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_sudden.shtml/ext/_auto/-/http%3A//www.uk-sobs.org.uk/)

PAPYRUS PAPYRUS (Prevention of Young Suicide) is a national charity in the UK working in suicide prevention.

Website : www.papyrus-uk.org

The Samaritans Isle of Man The Samaritans provide a 24-hour service offering confidential emotional support to anyone who is in crisis.

Tel : 116123 (free from any phone)

Website : [www.samaritans.org/branches/isle-of-man/](https://www.samaritans.org/branches/isle-of-man/)

YoungMinds Young Minds provides information and advice on child mental health issues, and have a Parents' Information Service

Tel : 0800 018 2138

Website : [www.youngminds.org.uk](http://www.youngminds.org.uk/)

**Or you may like to look at these websites:**

[www.lifesigns.ukf.net](http://www.lifesigns.ukf.net/)

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

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

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk/)

**Remembering anniversaries**

There are also ways of setting up memorials. Here are some organisations that can help:

Woodland Trust  The trust offers to plant trees as a memorial.

Tel: 01476 581111

Website: [www.woodland-trust.org.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpourselves.shtml/ext/_auto/-/http%3A//www.woodland-trust.org.uk/)

Memorial Awareness Board The board advises on memorials.

Tel: 020 7463 2020

Website: [www.namm.org.uk/mab](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpourselves.shtml/ext/_auto/-/http%3A//www.namm.org.uk/mab)

Memorials by Artists This organisation offers hand-carved memorials.

Tel: 01728 688934

Website: [www.memorialsbyartists.co.uk](http://www.bbc.co.uk/go/relationships/coping_with_grief/bereavement_helpourselves.shtml/ext/_auto/-/http%3A//www.memorialsbyartists.co.uk/)