



Bereavement Resources

The Candle Project (St Christopher's Hospice)

020 8768 4500

Email: info@stchristophers.org.uk

Website: www.stchristophers.org.uk

The Candle Project is a bereavement service for children, young people and families in South East London.

The Maypole Project

01689 889889

<https://www.themaypoleproject.co.uk/>

The Maypole Project Support children with complex medical needs and their families.

The Bromley Bereavement Service

020 8768 4595

Website: www.bromleybereavementservice.org.uk

A community bereavement service offering free telephone and face-to-face support for those living in the London Borough of Bromley or cared for by a Bromley GP. Support is offered to adults and children.

Winston's Wish National Helpline

0808 8020021

<https://www.winstonswish.org/>

Support, guidance and information for anyone caring for a bereaved child or a child facing the imminent death of a family member.

Child Bereavement Charity UK

0800 028 8840

<https://www.childbereavementuk.org/>

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

The National Child Traumatic Stress Network

Website: www.ncysnet.org



An American based network that provides resources for parents, schools and professionals including a manual for psychological first aid.

The Children and War Foundation

Website: www.childrenandwar.org

Provides group manuals for support and training.

Childhood Bereavement Network

Website: www.childhoodbereavementnetwork.org.uk

The Childhood Bereavement Network (CBN) is a national, multi-professional federation of organisations and individuals working with bereaved children and young people.

Cruse Bereavement Care

020 8304 5245 (Bexley and Bromley Area)

Email: bexleyandbromley@cruse.org.uk

Promotes the well-being of bereaved people and aims to enable anyone bereaved by death to understand their grief and cope with their loss.

Life Signs

Website: www.lifesigns.org.uk

The user-led voluntary organisation which raises awareness about self-injury and help people who rely on self-injury by providing a safe, friendly message board, ideas for distraction techniques and by inspiring / empowering them to find alternative, healthier coping mechanisms.

Counselling Directory

Website: www.counselling-directory.org.uk

Counselling Directory have developed a service that brings together all of the information needed to help connect people with the right counsellor or professional support.

PAPYRUS (prevention of young suicide)

Call: 0800 068 4141

Text: 0778 620 9697

Email: pat@papyrus-uk.org

PAPYRUS is a voluntary UK organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing

Hope Line UK

0800 068 4141 (for practical advice on suicide prevention)

Young Minds

Parent Helpline: 0808 802 5544

Young Minds is the national charity committed to improving the emotional wellbeing and mental health of children and young people.

Other possible sources of help include GP, specialist bereavement services, counselling services, Bromley Wellbeing & Child and Adolescent Mental Health Services (CAMHS)

Useful Books

Wise Before the Event – Coping with Crisis in Schools (Yule and Gold, 1993 and 2006 online). This book advocates developing a school plan to deal with disasters to lessen the impact. It includes a range of straightforward and practical suggestions

Grief in Children: A Handbook for Adults 2nd Edition (A.Dyregrov, 2008). London. Jessica Kingsley

Grief in Young Children: A Handbook for Adults. (A.Dyregrov, 2008). London. Jessica Kingsley

Additional Useful Resources and Links provided by Candle Child Bereavement

[We All Grieve - Supporting bereaved children with SEND – Winston's Wish \(winstonswish.org\)](http://winstonswish.org)

[Amazon.co.uk: when something terrible happens](http://Amazon.co.uk)

[I Have a Question about Death: Clear Answers for All Kids, including Children with Autism Spectrum Disorder: Gaines, Arlen Grad, Polsky, Meredith Englander: 9781785927508: Amazon.com: Books](http://Amazon.com)

Let's Talk About When Someone Dies: Starting conversations with children about death and bereavement: Amazon.co.uk: Potter, Molly, Jennings, Sarah: 9781472955340: Books

Children's understanding of death at different ages | Child Bereavement UK

Hope Again Talking/Writing to the Person who has died — Hope Again

Hope Again Self Harm and Suicide advice — Hope Again

Hope Again Remembering people after they have died — Hope Again

Get support - Cruse Bereavement Support

St Christopher's | Bereavement Help Points - St Christopher's (stchristophers.org.uk)

St Christopher's | Bromley Bereavement Service - St Christopher's (stchristophers.org.uk)