



NORTHGATE
High School

Bereavement Support Helplines

Respect | Determination | Teamwork

<p>The Compassionate Friends</p>	<p>Hope Again</p>
<p>Support for bereaved parents and their immediate family. Telephone (helpline): 0345 123 2304 Email: helpline@tcf.org.uk www.tcf.org.uk</p>	<p>This is a website for children and young people by Cruse. There is a form to send a message or alternatively email: hopeagain@cruse.org.uk www.hopeagain.org.uk</p>
<p>Childline</p>	<p>Step by Step: Support for schools</p>
<p>Comfort, advice and protection for any child or young person with any problem. Telephone 0800 1111 www.childline.org.uk</p>	<p>A great resource with downloadable materials/guide for schools and access to specialist support. Provided by Samaritans. Telephone: 0808 168 2528 or there is a contact form to fill in and someone will get back within 48 hours. www.samaritans.org/how-we-can-help/schools/step-step/contact-step-step-team/</p>
<p>Cruse Bereavement Care</p>	<p>Support after Suicide</p>
<p>Cruse is a national charity offering support, advice and information to children, young people and adults when someone dies. Cruse offers face-to-face, telephone, email and website advice and support. There is a network of local branches with details on the website. Telephone (helpline): 0808 808 1677 or email: helpline@cruse.org.uk www.cruse.org.uk</p>	<p>Help is at hand (downloadable resource or can phone to order a hard copy). Includes a tab on Support for Siblings and support for people who have witnessed a suicide. http://supportaftersuicide.org.uk/</p>
<p>Winston's Wish</p>	<p>HOPELineUK</p>
<p>Support for bereaved children and young people to rebuild their lives. There is a section called "support for schools" too. Telephone (helpline): 08088 020 021 www.winstonswish.org.uk which includes an online chat link. There is also a link to a form to ask for email advice.</p>	<p>HOPELineUK is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide and anyone concerned a young person may be having thoughts of suicide. It is a part of the organization Papyrus which has useful guides for schools. Call: 0800 068 41 41 Text: 07860 039967 Email: pat@papyrus-uk.org Opening hours are 9am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays.</p>
<p>Child Bereavement Trust</p>	<p>Amparo Suffolk</p>
<p>The website for this organisation has pages for children and young people, families, schools and professionals on: www.childbereavementuk.org. Telephone Helpline: 0800 02 888 40 Email: support@childbereavementuk.org There is also a live chat function, Monday to Friday.</p>	<p>AMPARO (part of the Listening Ear Charity) offers support following a suicide in a range of ways, including:</p> <ul style="list-style-type: none"> ■ One to one individual support ■ Help with any media enquiries you may receive ■ Practical support when dealing with the Police or Coroner ■ Help overcoming feelings of isolation ■ Putting you in touch with local services that can help <p>AMPARO can support anyone affected by a suspected or actual suicide. This can be family members, friends or colleagues. Telephone: 0330 088 9255 Email: amparo.service@listening-ear.co.uk https://listening-ear.co.uk/amparo</p>
<p>SOBS (Survivors of Bereavement by Suicide)</p>	
<p>This is a UK voluntary self-help organisation offering support thorough telephone contacts, bereavement packs, group meetings and conferences for over 18 years only. National helpline: 0300 111 5065 (available for 9am to 9pm Monday to Friday) Email: email.support@uksobs.org www.uk-sobs.org.uk</p>	