

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Support for Children and Young People, or when a child has died

Lets Talk About Loss

<https://letstalkaboutloss.org/>

- Let's Talk About Loss supports young people aged 18-35 who are bereaved. Whoever you've lost, we are a safe space to talk about that loss in a fun, relaxed environment.
- Beth French set up Let's Talk About Loss after she lost her mum when she was 20. Her grief made her feel lonely and confused, so she set up Let's Talk About Loss to create a space where grief wasn't a taboo subject.
- We have over 35 meet ups across the UK that meet once a month to talk about loss in a safe, fun, relaxed space. Online meets ups available.

Hope again

0808 808 1677

[Hope Again](https://hopeagain.org.uk)

hopeagain@cruse.org.uk

- Hope Again is the 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.
- Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.
- Hope Again provides somewhere to turn to when someone dies.
 - Children

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- Young people
- Support for parents
- Advice and Information

BUZZ US - Compass ()

[EMAIL](#)

[BUZZ US - Compass](#)

- Compass offers a confidential text messaging service to young people aged 11-18 across North Yorkshire.
- By texting the service on 07520 631168 you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. The service is open Monday – Thursday 9am-5pm and Friday 9am-4.30pm (excluding Bank Holidays).

A Child Of Mine

<https://achildofmine.org.uk/>

hello@achildofmine.co.uk

Age Groups: From 10 years

A Child Of Mine wants to make a real difference to bereaved parents and their families by:

- Providing accurate, up to date practical information and guidance after the death of a child
- Ensuring professional bereavement services are improved through the experience of other bereaved families
- By designing and delivering more direct services to families after the death of a child, including financial assistance, support and practical advice.

Alice's Escapes

<https://www.alices-escapes.co.uk/>

- At Alice's Escapes, we are dedicated to offering respite holidays for families with terminally ill children and providing solace through bereavement breaks for those who have lost a child.
- Inspired by Alice's own journey, our charity was born out of her love for family time. After battling cancer for five years, Alice's dream was to give other families the chance to escape and enjoy precious moments together.
- This heartfelt mission is reflected in our name, Alice's Escapes.

Anna Freud Help Centre For Children And Families

0207 7942313

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

info@annafreud.org

Age Groups: Up to 18 years

- We've been supporting children and young people's mental health for over 70 years, combining science with lived experience to change lives.
- We listen to and learn from children and young people, work with them to build better solutions, and amplify their voices to aid better understanding of mental health conditions.
- We work with those who bring up children and young people or work directly with them, from parents to foster carers, teachers, social workers and mental health professionals – those who know children and young people; designing approaches around the needs of young people then scaling them up; empowering the parents, carers and millions of professionals working with children and learning from them.

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Bereaved Children's Support York

07593534555

[Bereaved children support York | Yormind](#)

info.bcsy@gmail.com

Age Groups: 5 years to 18 years, 11 months

- The service is for any bereaved child or young person, aged 5-18 years, who has lost someone significant to them, living and/or attending education, within the City of York Council boundary.
 - One-to-one therapeutic support is usually carried out at school or at home. Occasionally an alternative venue is used.
 - The monthly drop-in session for bereaved children and families takes place on the first Saturday of the month (except August when there is no session) 2-4pm at Oaken Grove Community Centre, Reid Park, Haxby, YO32 3QW.
 - The parents of bereaved children meet up is held fortnightly on Wednesday morning between 10am and midday at Costa Coffee in Haxby.
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Care For The Family

029 2081 0800

[Bereavement support - Care for the Family](#)

- Care for the Family provides a wide range of support in three key areas of family life – marriage, parenting and bereavement. This includes marriage and parenting courses, bereavement support, family breaks and faith in the family, as well as a wide range of resources in support of each of these core areas.
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Child Bereavement UK (CBUK) (now merged with **Winstons Wish**)

For any questions or feedback please contact enquiries@yorkbereavementalliance.org
0800 02 88840

helpline@childbereavementuk.org

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

Age Groups: 4 years to 25 years

- Support and information for families, young people and professionals both when a child dies and when a child is bereaved.

The Compassionate Friends

0345 123 2304

helpline@tcf.org.uk

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

- The Compassionate Friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. They provide support via their helpline (03451 232 304), online and through local support groups.

Grief Encounter

0808 802 0111

[Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](#)

bereavementsupport@griefencounter.org.uk

- We work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief. Our services include:
 - One-to-one counselling
 - Group workshops
 - Music, art and drama therapy
 - Residentials and Family Fun Days

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- A National, free and confidential helpline called grieftalk offering web chat service too
- Bespoke support for schools, universities and colleges
- A dedicated Trauma Team for support following a sudden or traumatic bereavement.
- Accredited training courses and webinars for professionals

Award-winning resources including our unique Grief Relief Kit, Grief Encounter Workbook and Journal

SUDC UK

[HOME - SUDC UK](#)

info@sudc.org.uk

07880 350942

- For families of any child, aged 1-18, who has died suddenly with no immediately apparent cause.
- Bereavement support and guidance, research opportunities and community events.

Childline

[When someone dies | Childline](#)

0800 1111

- Childline is here to help anyone under 19 in the UK with any issue they're going through.
- You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night

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Just B

01423 856 790 (children)

01423 814 480 (adults)

[Just B](#)

info@justb.org.uk

- Just 'B' is a specialist bereavement support and emotional wellbeing service helping children, young people and adults across the communities of North Yorkshire, as well as offering specialist support regionally and nationally.
- We provide emotional wellbeing and bereavement support, free at the point of need, for children, young people and adults, as well as a range of helplines and specialist services.
- Our range of local and national Just 'B' services are delivered by a team of specially trained volunteers, staff and students from backgrounds such as counselling, health care, social work and education.
- We've been offering emotional wellbeing, counselling and bereavement support to communities across the region for more than 10 years, and more recently has stepped up to provide support nationally.

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YorMind

[Homepage](#) | [Yormind](#)

yormind@yorkmind.org.uk

- Here to talk to you about mental health for under 25's in York.
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The Go- To

[The Go-To - Emotional wellbeing and mental health](#)

- Not sure what to feel about what you're feeling ?
 - Welcome to the home of wellbeing and mental health for young people in North Yorkshire. We're here to help you find the right help and support for you, to help you stay well, whatever is going on in your life.
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The Student Grief Network

<https://studentgriefnetwork.co.uk/>

- The Student Grief Network is dedicated to softening the impact of bereavement in universities. We work with both students and staff, specialising in training, consultancy, workshops and events.
- We know that grief can be overwhelming and lonely, but we also believe that it's possible to build a healthier grief culture, where people are equipped to support themselves and each other. We address the challenges of bereavement, while also making space for connection, creativity, and empowerment.
- We support students who have lost someone, whether this was recently or years ago. You may want to learn more about grief, connect with others in the same boat, or share your story.

Peer support groups

We host 'Student Good Grief', a free online peer-support group, twice each month. You're welcome whether your loss happened years ago or recently, no matter your relationship to the person or how you have processed your grief so far. The meetings are run by people with personal experience. You can get stuff off your chest, or simply listen. They are an informal, free alternative to therapy