

Helplines & online support

Child Death Helpline

0800 282 986

Home

- A freephone service for all those affected by the death of a child
- Our confidential helpline is open every day of the year.
 - Monday to Friday 10:00 to 13:00
 - Monday to Sunday 19:00 to 22:00
- The national freephone Child Death Helpline dedicated to provide a quality Freephone service to anyone affected by the death of a child of any age – whether they are parents, grandparents, siblings, family members, friends or involved professionals.
- The helpline is a partnership between professionals and parents working together to provide a professional service to *anyone affected by the death of a child of any age*.
- The Child Death Helpline is staffed by volunteers, all of them bereaved parents. All of our volunteers are trained, supervised and supported by professional teams within The Alder Centre at Alder Hey Children's NHS Foundation Trust.
- The Child Death Helpline aims to provide a quality freephone service to anyone affected by the death of a child of any age. Callers to the helpline might be parents, grandparents, siblings, other family members, friends or involved professionals.
- We offer a confidential, safe environment within which a caller can talk openly about the child's life and death. Callers are given the opportunity to freely express their worries and emotions.
- We provide support not only at times of crisis but also for ongoing needs of callers over their lifetime.

Supportline

01708 765200

info@supportline.org.uk

<https://www.supportline.org.uk/problems/bereavement/>

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

- SupportLine provides a confidential helpline offering emotional support to any individual on any issue. The Helpline is primarily a preventative service and aims to support people before they reach the point of crisis. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.
- SupportLine is open to any individual of any age. Calls are received from children, young adults and adults.
- SupportLine is able to offer support on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, disability, mental health, depression, anxiety, panic attacks, addictions, debt, phobias, conflict, sexuality, health concerns, homelessness, racial harassment, loneliness.
- SupportLine also keeps information on other agencies, support groups and counsellors throughout the U.K. and this service can also be used by professionals seeking sources of help for the clients in their care.
- SupportLine can be used as a source of referral by the media to help callers after programmes where it is felt people may be in need of emotional support.
- SupportLine is a member of the Helplines Association. SupportLine also provides support by email and post. Support and information is provided by a telephone helpline, email and postal support. Information and resources are also listed on our website.

Sue Ryder- Online Bereavement support

www.sueryder.org/how-we-can-help/online-bereavement-support

- [Sue Ryder's Online Bereavement Support](http://www.sueryder.org/how-we-can-help/online-bereavement-support) makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences. These services are free and easy to access on your computer, smartphone or tablet.

10 Podcasts to Help You Cope with Grief

<https://www.goldencharter.co.uk/news-and-info/2024/podcasts-cope-with-grief/>

- One of the most difficult aspects of grieving is the feeling that no one understands what you are going through. Podcasts featuring hosts and guests sharing their experiences and providing tips for coping provide a powerful reminder that we're not alone in our grief.

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

- Visit our [website](#) for links to 10 podcasts that we hope will make it a little easier to cope with your grief. Not all of them are currently releasing new episodes, but all these podcasts offer insight and, hopefully, some comfort

Way Up - Online Self-Help Group

<https://way-up.co.uk/>

- With the death of our partner, we often find ourselves struggling to find meaning and direction in a world where we have lost hopes and dreams, where the plans we made as a couple are cruelly taken away, leaving us lost and in turmoil.
 - Way Up is a group with a positive, forward-looking attitude to rebuilding lives and discovering that lives can be good again, that we can be happy once more. We all have our own stories to tell and experiences to share and need not be isolated.
 - Way Up is an active, online self-help group aimed at providing mutual support to those who have been widowed primarily, but not exclusively, in their 50's and 60's. Based in the UK, our free to join [members-only forum](#) is an important aspect of our group and is a way to initiate friendships, exchange views and give and receive care and support.
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WAY Widowed & Young

WAY Widowed and Young, Suite 14, College Business Centre Uttoxeter New Road, Derby DE22 3WZ,

enquiries@widowedandyoung.org.uk

www.widowedandyoung.org.uk/about-us/

03002010051

WAY is the only national charity in the UK for people aged 50 or under when their partner died. It's a peer-to-peer support group operating with a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through.