

Emotional Support and Counselling

Emotional and psychological support can help you cope with the initial diagnosis as well as throughout your child's illness and in bereavement. Emotional support can come from different people at different times and can take many forms; sometimes the best support can be someone's practical help, a friendly gesture or just someone being there to listen.

In some cases, however, professional support may be required to help you through this difficult time. This factsheet provides contact details for some of the key charities and organisations that are experienced at providing support emotional/bereavement support or counselling for families.

If you think you or your child would benefit from talking to a counsellor you can find a local qualified counsellor using www.counselling-directory.org.uk.

Children's hospices and local children's palliative care teams can also provide emotional support for you and your family. Do call our Together for Families helpline for details of local services that can help on 0808 8088 100.

Child Bereavement UK

Child Bereavement UK aims to ensure that all families have access to the support and information they need when a child grieves or when a child dies. They provide confidential support, information and guidance to families and professionals, with professionally trained bereavement support workers available to take calls 9am-5pm Monday - Friday.

www.childbereavementuk.org

Tel: 0800 02 888 40

Email: support@childbereavementuk.org

Childhood Bereavement Network

The Childhood Bereavement Network seeks to ensure that all children and young people in the UK, together with their families and other care givers, including professional carers, can easily access a choice of high-quality local and national information, guidance and support to enable them to manage the impact of death on their lives.

www.childhoodbereavementnetwork.org.uk

Tel: 020 7843 6309

Email: cbn@ncb.org.uk

The Child Death Helpline

The Child Death Helpline is a helpline for anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago.

www.childdeathhelpline.org

Helpline: 0800 282 986

Email: contact@childdeathhelpline.org

The Compassionate Friends UK

The Compassionate Friends is an organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family.

www.tcf.org.uk

Helpline: 0845 123 2304

Email: info@tcf.org.uk

Family Lives

Family Lives provides professional, non-judgmental support and advice in a way that all members of the family can freely access through a 24 hour helpline, extensive online advice, email and live chat services, befriending services, and parenting/relationship support groups. Family Lives provides an out of hours click-through service for our Together for Families Helpline.

www.familylives.org.uk

Helpline: 0808 800 2222

Samaritans

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.samaritans.org.uk

Helpline: 08457 909090

Email: jo@samaritans.org

Support Line

Offers confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop health, positive, coping strategies, an inner feeling of strength and increased self esteem.

www.supportline.org.uk

Helpline: 01708 765200

Email: info@supportline.org.uk

TCF Sibling Support

Sibling Support is a project run by The Compassionate Friends, which provides nationwide self-help support for people who have suffered the loss of a brother or sister.

www.tcfsiblingsupport.org.uk

Tel: 0845 123 2304

Email: info@tcfsiblingsupport.org.uk

Winston's Wish

Winston's Wish is the leading childhood bereavement charity and the largest provider of services to bereaved children, young people and their families.

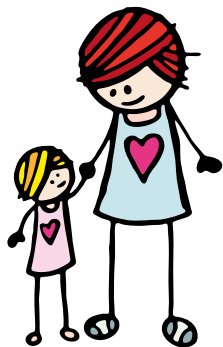
www.winstonswish.org.uk

Helpline: 0845 20 30 40 5

Email: info@winstonswish.org.uk

Many parent support groups also provide emotional support and an opportunity to be put in touch with families going through a similar experience to you. Please ask for a copy of our factsheet on **Parent Support Groups**.





Together for Families Helpline
7am-Midnight, 7 days a week

0808 8088 100

info@togetherforshortlives.org.uk

www.togetherforshortlives.org.uk



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