



DEALING WITH LOSS

Further support and advice

● **CRUSE**
0808 802 6161

IF YOU ARE A YOUNG PERSON AND FEEL YOU NEED SOME HELP FOLLOWING THE DEATH OF A LOVED ONE OR FRIEND, WE HAVE SOME SPECIALIST SERVICES, RESOURCES AND INFORMATION AVAILABLE TO YOU.

● **CHILD**
BEREAVEMENT UK
0800 02 888 40

CHILDREN AND YOUNG PEOPLE GRIEVE JUST AS MUCH AS ADULTS BUT THEY SHOW IT IN DIFFERENT WAYS. THEY LEARN HOW TO GRIEVE BY COPYING THE RESPONSES OF THE ADULTS AROUND THEM, AND RELY ON ADULTS TO PROVIDE THEM WITH THE SUPPORT THEY NEED IN THEIR GRIEF.

● **GOOD LIFE**
GOOD DEATH
GOOD GRIEF
0131 272 2735

WE WANT SCOTLAND TO BE A PLACE WHERE PEOPLE HELP EACH OTHER THROUGH THE DIFFICULT TIMES THAT CAN COME WITH DEATH, DYING, LOSS AND CARE.

● **WINSTON'S**
WISH
WINSTONSWISH.ORG

WINSTON'S WISH PROVIDES BEREAVEMENT SUPPORT, GUIDANCE AND INFORMATION TO CHILDREN AND YOUNG PEOPLE AND THEIR FAMILIES AFTER THE DEATH OF SOMEONE CLOSE TO THEM. WE OFFER A RANGE OF PRACTICAL SUPPORT VIA A FREEPHONE HELPLINE, ONLINE RESOURCES, INDIVIDUAL AND GROUP SUPPORT, PUBLICATIONS, AND TRAINING FOR PROFESSIONALS.