

# Wirral Bereavement Advisory Group

BEREAVEMENT SERVICES DIRECTORY

WBAG



Adult



Family - Adult - Child



Children



Children- young adult = restrictions apply

## **A Child of Mine UK Wide**



[01785 283434](tel:01785283434) [hello@achildofmine.org.uk](mailto:hello@achildofmine.org.uk) [www.achildofmine.org.uk](http://www.achildofmine.org.uk)

*A Child of Mine is a registered charity supporting families across the Midlands and UK and working alongside healthcare professionals when a child has died. We educate on the needs and experiences of bereaved parents which helps to improve the care they give in the future. We are a small charity but work passionately to deliver services for families who have lost a child at any age or circumstance.*

*Services: Groups, One to One, Peer support, Practical support, Listening, Phone helpline, Website articles and information, Events, Grants*

## **AAFDA (Advocacy After Fatal Domestic Abuse) UK Wide**

[07768 386922](tel:07768386922) [info@aafda.org.uk](mailto:info@aafda.org.uk) [www.aafda.org.uk](http://www.aafda.org.uk)



*AAFDA is a national organisation helping families emotionally and practically after homicide (especially domestic homicide). Our expert caseworkers have suffered either homicide in their families or serious domestic abuse. We specialise in guiding and advocating in Domestic Homicide Reviews, Mental Health Reviews, Serious Case Reviews, Inquests and other inquiries.*

*Services: Groups, One to One, Peer support, Practical support, Listening, Website articles and information, Advocacy*

## **Aching Arms UK Wide**

[7876504042](tel:7876504042) [info@achingarms.co.uk](mailto:info@achingarms.co.uk) [www.achingarms.co.uk](http://www.achingarms.co.uk)



*Aching Arms is a national charity that provides free comfort bears to bereaved parents to support their mental health and healing after the loss of a baby during pregnancy, birth or soon after.*

*We work with midwives in EPU's, NICUs and labour wards to help bring comfort to bereaved parents by asking them to offer our comfort bears to those who have lost a baby. The bears we give are a gift from another family who has experienced the loss of a baby, so the parents receiving the bear know they are not alone.*

*Services: Friendship support, Website articles and information*

## **Anna Freud National Centre for Children & Families UK Wide**



[020 7794 2313](tel:02077942313) [info@annafreud.org](mailto:info@annafreud.org) [www.annafreud.org](http://www.annafreud.org)

*The Anna Freud National Centre for Children and Families specialises in working with families who have experienced traumatic bereavement. Currently we are conducting an intervention pilot called the Child and Family Traumatic Stress Intervention (CFTSI) which may be suitable for bereaved children and their families.*

*Services: One to One, Professional counselling*

## **ASSIST Trauma care Across England UK Wide**



[01788 560800](tel:01788560800) [info@assisttraumacare.org.uk](mailto:info@assisttraumacare.org.uk) [www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk)

*Specialist evidence-based trauma therapy for individuals and families bereaved by homicide*

*Services: One to One*

## **BEAD (Bereaved through Alcohol and Drugs) UK Wide**



[info@beadproject.org.uk](mailto:info@beadproject.org.uk) [www.beadproject.org.uk](http://www.beadproject.org.uk)

*Our website is a source of information, support and hope for anyone whose loved one has died as a result of drug or alcohol use, and includes advice on overcoming grief and practical aspects of a bereavement as well as personal accounts that show people they are not alone.*

*Services: Website articles and information*

## **Bereaved Parent Support - Care for the Family UK Wide**



[029 2081 0800](tel:02920810800) [mail@cff.org.uk](mailto:mail@cff.org.uk) [www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support](http://www.careforthefamily.org.uk/family-life/bereavement-support/bereaved-parent-support)

*Resources, telephone befriending and events to help those who have lost a son or daughter of any age, in any circumstance. Providing support and encouragement through the grieving process. We also provide useful support films on YouTube at the following link <https://www.youtube.com/playlist?list=PLpKdCCKmSoAFPfJ2-0tg37F1M33p4TKS!> and you can sign up for our regular email support newsletter.*

*Services: One to One, Peer support, Friendship support, Listening, Phone helpline, Website articles and information, Events, Email support*

## **BPSON (Bereaved Parents Support Organisations Network) UK Wide**



[enquiries@bpson.org.uk](mailto:enquiries@bpson.org.uk) [www.bpson.org.uk](http://www.bpson.org.uk)

*We are a network of professional organisations providing a central networking hub as a point of contact and valuable resource for all organisations and individuals supporting parents who have experienced the death of either their baby, child, or adult child, whatever the cause of their death.*

*Services: Practical support, Website articles and information, Advocacy*

## **Brake Helpline - Brake UK Wide**



[0808 8000 401](tel:08088000401) [helpline@brake.org.uk](mailto:helpline@brake.org.uk) [www.brake.org.uk](http://www.brake.org.uk)

*Brake's helpline is a quality accredited, freephone support service, providing information and advocacy, emotional support and a listening ear. Calls are confidential and there is no time limit to our support.*

*The helpline provides support for UK residents in the following circumstances:  
bereaved or seriously injured in a crash  
caring for someone bereaved or seriously injured in a crash  
police officer, teacher or health worker, wanting advice about how to help people affected by a crash*

*We will provide support whether the crash was recent or a long time ago, and whether it occurred in this country or abroad.*

*Services: Practical support, Listening, Phone helpline, Advocacy, Email support*

## **Child Bereavement UK - UK Wide**



[01494 568 900](tel:01494568900) // [0800 02 888 40](tel:08000288840) [support@childbereavementuk.org](mailto:support@childbereavementuk.org)  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

**Child Bereavement UK (CBUK).** *The local branch has now moved to Wigan. St Catherine's House Catherine Terrace, Scholes, Wigan WN1 3JW Tel; 01942 867888 [clare.bullen@childbereavementuk.org](mailto:clare.bullen@childbereavementuk.org)*

*Services for Children up to 25 years available for anyone who can get there they provide face to face support for children, young people and families as individuals or family groups. There are groups for children aged 4-12 where they, with adult carers, can meet other bereaved children and express feelings through play and aged 11-25*

*year old engage in activities and projects. Professionals can make enquiries but families or young people need*

**Downloadable factsheets include:** *Support for Children and Young People; “How children and young people grieve”; Children’s Understanding of death at different ages; Explaining to young children that someone has died; What helps grieving children and young people.*

*Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Every year we train over 7000 professionals, helping them to better understand and meet the needs of grieving families.*

*We're building up the number of regional centres across the UK so do get in touch for details of support in your local area if this search does not give you the results you need*

*Services: Groups, One to One, Listening, Drop in, Phone helpline, Website articles and information, Events, we provide monthly support sessions*

### **Disaster Action UK Wide**

[admin@disasteraction.org.uk](mailto:admin@disasteraction.org.uk) <http://www.disasteraction.org.uk/>



*Disaster Action’s website provides resources and information for the bereaved and survivors of major disasters that occur in the UK and overseas. If you have been affected by a disaster, you may find our series of free leaflets useful*

*Services: Website articles and information*

### **Facing the Future UK Wide**

[info@facingthefuturegroups.org](mailto:info@facingthefuturegroups.org) [www.facingthefuturegroups.org](http://www.facingthefuturegroups.org)



*Facing the Future has been developed by Samaritans & Cruse Bereavement Care to support those bereaved by suicide. Our support groups run weekly over six consecutive weeks, are 90 minutes per session, facilitated by two trained volunteers, available to anyone over 18, have maximum of eight participants, available free of charge.*

## Forces Children's Trust UK Wide

[01737 361077 Denny.Wise@forceschildrenstrust.org](mailto:Denny.Wise@forceschildrenstrust.org)  
[www.forceschildrenstrust.org](http://www.forceschildrenstrust.org)



*As a charity we are devoted to working together to help children in need whose father or mother has died, or has sustained life-changing injuries, whilst serving as a member of the British Armed Forces or Civilian Forces (i.e. Police, Fire and Ambulance Services).*

*Services: Groups, Professional counselling, Listening, Website articles and information, Events, Holidays*

## Grief Encounter UK Wide

[contact@griefencounter.org.uk](mailto:contact@griefencounter.org.uk) [www.griefencounter.org.uk](http://www.griefencounter.org.uk)



*Helping children through bereavement*

- *Services: One to One, Professional counselling*
- *Helpline for Children and Young People.*
- **TALK** Talk to grieftalk from any phone for free 0808 802 0111
- *Have a 1-2-1 CHAT live session with a grieftalk counsellor*
- **TYPE** send an email to [grieffalk@griefencounter.org.uk](mailto:grieffalk@griefencounter.org.uk)

## Hope Again - young people living again after loss UK Wide

[0808 808 1677](tel:08088081677) [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) [www.hopeagain.org.uk](http://www.hopeagain.org.uk)



*Hope Again is Cruse Bereavement Care's website for young people.*

*Services: Groups, One to One, Peer support, Phone helpline, Website articles and information*

## Jewish Bereavement Counselling Service (JBCS) UK Wide

[0208 951 3881](tel:02089513881) [enquiries@jbc.org.uk](mailto:enquiries@jbc.org.uk) [www.jbc.org.uk](http://www.jbc.org.uk)

*The Jewish Bereavement Counselling Service offers confidential counselling to individuals, couples, children and families in the Jewish Community who are experiencing loss.*

*JBCS also provides bereavement support groups*

*Services: Groups, One to One*

### **JOEL The Complete Package UK Wide**

[7591740287](tel:7591740287) [info@joeltcp.org](mailto:info@joeltcp.org) [www.joeltcp.org](http://www.joeltcp.org)

*Support for families through pregnancy and parenting after baby loss*



*Services: Groups, One to One, Peer support, Friendship support, Practical support, Listening, Drop in, Phone helpline, Website articles and information, Events, Advocacy*

### **Just B - Children & Young People Services UK Wide**

[01423 856790](tel:01423856790) [info@justb.org.uk](mailto:info@justb.org.uk) [www.justb.org.uk](http://www.justb.org.uk)

*Just B offers practical support to children, young people and adults who have been bereaved, as well as information and advice for the professionals working with them. We make no charge for our services and these are offered in a safe and confidential environment.*



*Services: One to One, Practical support, Listening, Events*

### **Just B - Adult Services UK Wide**

[01423 814480](tel:01423814480) [info@justb.org.uk](mailto:info@justb.org.uk) [www.justb.org.uk](http://www.justb.org.uk)

*Just B offers practical support to children, young people and adults who have been bereaved, as well as information and advice for the professionals working with them. We make no charge for our services and these are offered in a safe and confidential environment.*

*Services: One to One, Practical support, Listening, Events*



## Listening Ear UK Wide

[1514886648](tel:1514886648) [enquiries@listening-ear.co.uk](mailto:enquiries@listening-ear.co.uk) [www.listening-ear.co.uk](http://www.listening-ear.co.uk)



*Counselling Service*

*Services: Groups, One to One, Peer support, Listening*

## Love, Jasmine UK Wide

[0151 252 3145](tel:01512523145) / [07566 225 253](tel:07566225253) [enquiries@lovejasmine.org.uk](mailto:enquiries@lovejasmine.org.uk)  
[www.lovejasmine.org.uk](http://www.lovejasmine.org.uk)



*Love, Jasmine is a charity that provides emotional and practical support to families that have lost a child.*

*Services: Groups, One to One, Peer support, Practical support, Professional counselling, Website articles and information*

**Wirral Coffee Morning** *Our Wirral based coffee morning takes place between*

**10am and 12pm normally on the THIRD Thursday of each month and the FIRST Tuesday of each month 6:00pm and 7:30pm** *in the offices of Jackson Lee's Solicitors 3-4 The Quadrant Hoylake CH47 2EE*

*Our fortnightly Yoga and Meditation class will take place on **Wednesday 8th May 2019** between **6pm** and **7pm**. At Charlotte's Brightside Molyneux Drive New Brighton CH45 1JT*

*Please see website for more details.*

## Miscarriage Association UK Wide

[01924 200799](tel:01924200799) [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)  
[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)



*A UK-wide charity offering support and information on miscarriage, ectopic pregnancy and molar pregnancy.*

*Services: Peer support, Listening, Phone helpline, Website articles and information*

## **Muslim Bereavement Support Service UK Wide**



[0203 468 7333](tel:02034687333) [info@mbss.org.uk](mailto:info@mbss.org.uk) [www.mbss.org.uk/](http://www.mbss.org.uk/)

*The Muslim Bereavement Support Service is a registered charity, founded in 2012. We are a non-profit organisation serving the Muslim community by supporting bereaved mothers who have lost a child at any stage. We also work with other organisations, the NHS and hospices in particular, to give a spiritual context to the bereavement support services they offer.*

*Services: One to One, Phone helpline*

## **National Maternity Support Foundation (NMSF) - Jake's Charity UK Wide**



[info@jakescharity.org](mailto:info@jakescharity.org) [www.jakescharity.org](http://www.jakescharity.org)

*Offer bereavement care to those who have suffered loss through stillbirth and neonatal deaths.*

*Services: Website articles and information, Events*

## **Quiet Waters UK Wide**



[01324 670600](tel:01324670600) [office@quiet-waters.org](mailto:office@quiet-waters.org) [www.quiet-waters.org](http://www.quiet-waters.org)

*Quiet Waters provides Christian Counselling and Support Services for all, regardless of faith, gender, ethnic origin or life choices. 'Christian' refers to our counsellors and the ethos of our service, and not necessarily to our client's beliefs and values, which will be respected - whatever they are.*

*Services: One to One, Listening*

## **Road Victims Trust UK Wide**



[01234 843345](tel:01234843345) [enquiries@rvtrust.co.uk](mailto:enquiries@rvtrust.co.uk) [www.rvtrust.org.uk](http://www.rvtrust.org.uk)

*The Road Victims Trust provides a support service for people affected by fatal road collisions. We work in Bedfordshire, Cambridgeshire and Hertfordshire working with the bereavement as well as complicating factors such as police investigations, inquests and criminal court cases.*

*Services: One to One, Professional counselling*

## **Sands - Stillbirth and Neonatal Death Charity UK Wide**

[020 7436 7940](tel:02074367940) [info@sands.org.uk](mailto:info@sands.org.uk) [www.sands.org.uk](http://www.sands.org.uk)



*Sands is a UK charity that works across the country to support anyone affected by the death of a baby; improve the care bereaved parents receive from health care and other professionals; and reduce the number of babies who do die by funding research and working closely with other organisations to create a world where fewer babies die.*

*We have a free national helpline offering bereavement support and information on the telephone and by email. We also offer support through a moderated forum, information booklets and over 100 local peer support groups.*

*Services: Groups, Peer support, Listening, Phone helpline, Website articles and information, Events*

## **Star Bereavement Support Service UK Wide**

[01924 787384](tel:01924787384) [admin@starwakefield.org.uk](mailto:admin@starwakefield.org.uk) <http://www.starwakefield.org.uk>



*Star Bereavement Support Service is a small charity providing support around bereavement and loss. Working with children and young people aged 4-19 years in the Wakefield Area*

*Services: Groups, One to One, Listening, Events*

## **Sue Ryder Online Community - Sue Ryder UK Wide**

[online.community@sueryder.org](http://online.community@sueryder.org) [www.sueryder.org/community](http://www.sueryder.org/community)



*Online forum where bereaved adults can exchange messages, share feelings and support each other. It's a free service, accessible 24/7 via computer, smart phone or tablet, and you can choose an anonymous screen name. Moderated by Sue Ryder to ensure a safe and supportive environment.*

*Services: Peer support, Website articles and information*

## **Survivors of Bereavement by Suicide (SoBS) UK Wide**

[0115 944 1117](tel:01159441117) [sobs.admin@care4free.net](mailto:sobs.admin@care4free.net) [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)



*We exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend. Many of those helping have themselves been bereaved by suicide.*

*Services: Groups, Peer support, Phone helpline, Website articles and information, Email support*

## **Tamba - Twin and Multiple Birth Association Bereavement Support Group UK Wide**

[01252 332344](tel:01252332344) [support-team@tamba.org.uk](mailto:support-team@tamba.org.uk) [www.tamba.org.uk](http://www.tamba.org.uk)



*The Tamba Bereavement Support Group (BSG) exists to support all parents and carers of multiples who have experienced loss whether it was during pregnancy, at birth or at any point afterwards. Tamba BSG offers parent to parent support via our befriending service and via our facebook bereavement support group.*

*Services: Groups, Peer support, Friendship support, Listening, Phone helpline, Website articles and information*

## **The Child Death Helpline UK Wide**

[0800 282 986](tel:0800282986) Or [0808 800 6019](tel:08088006019) [Shelagh.Hatton@alderhey.nhs.uk](mailto:Shelagh.Hatton@alderhey.nhs.uk)  
[www.childdeathhelpline.org](http://www.childdeathhelpline.org)



*A helpline for all those affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recent or long ago*

*Services: Listening, Phone helpline*

## The Compassionate Friends UK Wide

[0345 123 2304](tel:03451232304) [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk) [www.tcf.org.uk](http://www.tcf.org.uk)



*An organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause. We offer a National Telephone Helpline, staffed by bereaved parents, and available for support and information 365 days a year, a website and moderated online forum and supportive social media groups, local support groups and contacts, weekend gatherings and retreats, information leaflets, bereavement support publications and a postal library. Some adult bereaved sibling support is also available.*

*We also have local groups. Please ring us or email if your search does not show a local group near you.*

*Services: Groups, One to One, Peer support, Phone helpline, Events, Holidays, Email support, Friendship support*

## The Last Kiss Foundation UK Wide

[thelastkissfoundation@gmail.com](mailto:thelastkissfoundation@gmail.com) [www.thelastkissfoundation.co.uk](http://www.thelastkissfoundation.co.uk)



*Helping support families who suffer the trauma of babyloss by providing hospitals with cuddle cot cooling systems and other items required to enhance their bereavement suites to make it feel more homely. Also to provide bespoke training in grief to midwives.*

*Services: Practical support*

## The Loss Foundation Across England UK Wide

[0300 200 4112](tel:03002004112) [info@thelossfoundation.org](mailto:info@thelossfoundation.org) [www.thelossfoundation.org](http://www.thelossfoundation.org)



*The Loss Foundation is the only UK charity dedicated solely to providing bereavement support following the loss of a loved one to cancer, whether that be spouses, family members, friends or colleagues.*

*We provide a variety of support events to help people at any point during their loss, and create the opportunity for them to meet others who have experienced something similar. We also educate and empower others to support those who are grieving via our workshops and training.*

*Services: Groups, Peer support, Friendship support, Listening, Drop in, Phone helpline, Website articles and information, Events*

## **The Lullaby Trust Across England UK Wide**



[0808 802 6868](tel:08088026868) [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)  
<http://www.lullabytrust.org.uk/LThome>

*The Lullaby Trust provides support for anyone bereaved through the sudden and unexpected death of a baby or child.*

*This support is for families, friends, carers and professionals.*

*We have different ways of supporting you through this difficult time; we provide a range of services and can provide details of other organisations which might be helpful.*

*The Lullaby Trust also promotes expert advice on safer baby sleep to help to reduce the risk of Sudden Infant Death Syndrome.*

*Services: One to One, Peer support, Listening, Phone helpline, Website articles and information, Events*

## **The Mariposa Trust (Saying Goodbye) UK Wide**



[office@sayinggoodbye.org](mailto:office@sayinggoodbye.org) [www.sayinggoodbye.org](http://www.sayinggoodbye.org)

*Provider of free baby loss support and remembrance services across the UK and 1-1 support via online portal.*

*Services: One to One, Peer support, Friendship support, Professional counselling, Website articles and information, Events*

## **The Market Place UK Wide**



[1132461659](tel:1132461659) <http://www.themarketplaceleeds.org.uk>

*Our services are free, confidential and available for 11-25 year olds in Leeds. We offer a range of services including one to one support, counselling, group-work and our drop-in. All of these services are delivered by our Youth Work Service and Counselling Service*

## **The Miscarriage Association UK Wide**

[01924 200795](tel:01924200795) [info@miscarriageassociation.org.uk](mailto:info@miscarriageassociation.org.uk)  
[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)



*We provide a number of places online where you can get support and information, share your experiences, comfort others and hear from the Miscarriage Association.*

*Services: Phone helpline, Website articles and information*

## **Together for Short Lives UK Wide**

[0808 8088 100](tel:08088088100) [info@togetherforshortlives.org.uk](mailto:info@togetherforshortlives.org.uk)  
[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)



*Together for Short Lives are here to help families caring for a child with a condition that may shorten their life have as fulfilling lives as possible and the very best care at the end of life and in bereavement.*

*Services: Peer support, Phone helpline, Website articles and information, Holidays, Advocacy, Grants*

## **WAY - Widowed & Young UK Wide**

[enquiries@widowedandyoung.org.uk](mailto:enquiries@widowedandyoung.org.uk) [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)



*WAY - Widowed & Young is a national UK charity offering a peer-to-peer support network for young widowed men and women aged 50 and under*

*Services: Groups, One to One, Peer support, Friendship support, Practical support, Listening, Phone helpline, Website articles and information, Events, Holidays, Advocacy*

## **Winston's Wish UK Wide**

[01242 515157](tel:01242515157) [info@winstonswish.org.uk](mailto:info@winstonswish.org.uk) [www.winstonswish.org.uk](http://www.winstonswish.org.uk)



*Winston's Wish helps children rebuild their lives after the death of a parent or sibling, enabling them to face the future with confidence and hope. We offer the widest range of practical support and guidance to children, families, professionals and anyone concerned about a bereaved child.*

*Services: Groups, One to One, Professional counselling, Listening, Drop in, Phone helpline, Website articles and information, Events*

## Claire House Wirral



Claire House Children's Hospice Clatterbridge Road Bebington  
WIRRAL, CH63 4JD 0151 334 4626 <https://www.clairehouse.org.uk#>

*Claire House Children's Hospice helps seriously and terminally ill children live life to the full by creating wonderful experiences and bringing back a sense of normality to family life.*

## Cruse Bereavement Care - Wirral Area



<https://www.cruse.org.uk/Wirral-area>

Royal Standard House 334 New Chester Road, Birkenhead CH42 1LE · ~7.1

*Cruse in Wirral offers 1-1 support and bereavement support groups to adults aged 18 and over. Due to the demand for our services, we are only able to provide support to residents of the Wirral Area.*

[www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677 National

*Cruse offers face-to-face, telephone, email and website support. We have a national helpline and local services, and a website and freephone helpline specifically for children and young people. Our services are provided by trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work*

## Wirral Hospice St John's



Wirral Hospice St John's Mount Road Higher Bebington Wirral CH63 6JE

0151 334 2778

<http://www.wirralhospice.org>

*We are an adult hospice that provides FREE care for patients with life-limiting illnesses including cancer, heart, liver and kidney disease, respiratory and neurological conditions. As well as caring for our patients, we also provide support for carers and loved ones: families are at the heart of everything we do here at Wirral Hospice St John's.*

*Wirral Hospice St John's is a charity providing care and support to patients, their families and their loved ones from Wirral. Our specialist team comprises Medical and Nursing staff, Social Workers, Physiotherapist, Occupational Therapist, Psychologist, Aromatherapist, Creative Therapist, Chaplains, Housekeeping/Maintenance staff and Volunteers all working together as a team to improve the quality of life of patients under their care*



## Samaritans – UK Wide

<https://www.samaritans.org>



**Whatever you're going through, call us free any time, from any phone on 116 123.**

*offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.*

## Liverpool and Merseyside Samaritans

**25 Clarence Street, Liverpool, Merseyside, L3 5TN T: 0151 708 8888 (local call charges apply)**

## CAMHS – Wirral

<http://cwpcamhscentre.mymind.org.uk/tag/wirral-camhs/>



**Call the Wirral CAMHS Advice and Duty Line on 0151 488 8453 to speak to one of our clinicians, who will ask you a range of questions to gain an understanding of your child's needs and presentation. This will take approximately 30 minutes. Or You can complete the [self-referral form](#) and email this to [wirralcamhsreferrals@cwpc.nhs.uk](mailto:wirralcamhsreferrals@cwpc.nhs.uk) . However, you may also receive a call from the service before we can process the referral.**

## Kooth

<https://kooth.com/>

*XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.*



## Hub of Hope

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

*There's always somebody to talk*



## **Liverpool Bereavement Service**

**1st Floor, Granite Buildings, 6 Stanley St. Liverpool, L1 6AF**

**0151 236 3932**

<http://liverpoolbereavement.com>



*Liverpool Bereavement Service is a charity providing the only dedicated bereavement service for the people of Liverpool.*

*Our “Oakleaf” service is dedicated to helping children, young people and families during the difficult process of grief and loss, as a result of death, children experience emotional suffering and separation from a loved one. We provide bereavement support and counselling to children and young people aged 4 to 18 years of age, to help them cope with their loss and to promote the health and well-being of each individual.*

### **Butterflies -**

[http://mysignpost.org/Listening\\_Ear\\_\\_Butterflies\\_Project\\_\\_Liverpool-Ist3950.html](http://mysignpost.org/Listening_Ear__Butterflies_Project__Liverpool-Ist3950.html)

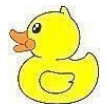


*Run by Listening Ear, a mental health counselling and support organisation operating across Merseyside, Butterflies is an activity based specialist support programme for children and young people aged 4 to 15 years experiencing bereavement or other family loss. Listening Ear also provides Lunar, a pre-bereavement support pathway for children and young people aged 4 - 25 whose parent has been diagnosed with a life-limiting illness. They also offer a BACP accredited counselling service for young people aged 16 to 19 years experiencing bereavement, loss, anxiety and depression, as well as a range of other mild to moderate mental health issues. They have centres in Halewood, Whiston and Liverpool city centre. Please call for more information, or email enquiries@listening-ear.co.uk*

### **The Dove Service – Wirral**

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

**01782 683155**



*We deliver the vision by providing counselling and group support activities to anyone who is or could be affected by bereavement, life changing illness or other significant loss.*

## Child Line

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

*Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.*



## CALM

<https://www.thecalmzone.net/>

**0800 58 58 58**

*The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK. Join the campaign to take a stand against male suicide and get the tools you need for action.*



## MIND

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

*We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.*



## Barnardo's

<http://www.barnardos.org.uk/>

0151 650 5488

The Lauries 142 Claughton Road Birkenhead Merseyside CH41 6EY

*Action with Young Carers Wirral In Wirral Barnardo's Action With Young Carers is commissioned to assess and support children and young people under 18 who provide regular or ongoing care and emotional support to a family member (usually an adult) who is physically or mentally ill, disabled or misuses substances.*



## The James' Place

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



**FREEPHONE: 116 123**

(please note this is the Samaritans UK number until June 2018)

*Aims to provide a calm and peaceful environment both inside the house and in the garden. We believe that those who are experiencing suicidal thoughts need to be in a space where they feel, safe, valued, nurtured and respected. We feel that even though we will be providing therapeutic support, it does not need to be delivered in a cold, clinical setting. We want James' Place to be somewhere that people look forward to visiting and look back on with a renewed sense of hope.*

## The Alder Centre

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



**0151 252 5391**

**The Alder Centre Alder Hey Children's Hospital Eaton Road Liverpool L12 2AP**

*We work with children and young people on a one to one basis, or alongside their parents and/or siblings according to their needs. Individual support is usually offered for children aged four years and above, and therapeutic support for younger children will be offered by our team working collaboratively with parents and carers.*

*We have a range of support services to parents or bereaved adults.*

## The Open Door Centre

**108 Seaview Rd, Wallasey CH45 4LD Tel 0151 639 4545**

Email: [info@theopendoorcentre.org](mailto:info@theopendoorcentre.org) or web [www.theopendoorcentre.org](http://www.theopendoorcentre.org)



*Is aimed at young people and young adults who want support with low mood, stress, anxiety (not specifically bereavement issues). Service very accessible for young people wanting support via creative, artistic and musical means rather than the medical route. They offer support to do the Beating the Blues computerised cognitive behavioural therapy (CBT) course and there is a focus on peer support. Weekly activities include exercycle sessions, art group drop ins, relaxation and Mindfulness and Boom Room drum and guitars.*

**MeeTwo** [www.meetwo.co.uk](http://www.meetwo.co.uk) website and app to help teenagers talk about difficult things.



## Hope Again

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Helpline 0808 808 1677 Mon-Fri 9.30-5pm

*This is the youth website of cruse Bereavement Care. Online support for young people living after loss.*



## Dying Matters

[www.dyingmatters.org](http://www.dyingmatters.org)

Helpline 0800 021 44 66

*Downloadable information*



## Macmillan

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Helpline 0808 808 00 00

*Start at the top bar Information and Support and then input “talking to children” in the search box then follow the links.*

**Booklists and DVD Lists are accessible via**  
<http://publications.macmillan.org.uk>



Riprap [www.riprap.org.uk](http://www.riprap.org.uk) includes discussion forum for teens 12-16 years who have a parent who has cancer.



**Cancer Research UK (CRUK)** [www.cancerresearchuk.org](http://www.cancerresearchuk.org) Helpline 0808 800 4040

*Either start at top link “About Cancer” and follow through or type “Talking to Children” in the Search box. This will lead to sections on how to talk to children about cancer, what to tell them and common misunderstandings about cancer by children amongst other topics and also has further links to sections on helping children to cope when a parent has a cancer.*



**Macmillan** [www.macmillan.org.uk](http://www.macmillan.org.uk)

Helpline 0808 808 00 00

*Start at the top bar Information and Support and then input “talking to children” in the search box then follow the links.*

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