

# Where to go for support?

## Cruse Bereavement Care

**Website:** [www.cruse.org.uk/get-help](http://www.cruse.org.uk/get-help)

**Helpline:** 0808 808 1677 Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm.



## Child Bereavement UK

**Helpline:** 0800 02 888 40

**Email:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)



## Kooth

Free, safe and anonymous online support for young people

**Website:** [www.kooth.com](http://www.kooth.com)



## Childline 24hrs a day/7 days a week

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Helpline:** 0800 1111



## Relate

**Website:** [www.relate.org.uk](http://www.relate.org.uk)

**Helpline:** 0300 003 0396

relate

## Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone

**Website:** [www.samaritans.org](http://www.samaritans.org)

**Helpline:** 116123

