

National Grief Awareness Week 2024



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PREVENTION OF YOUNG SUICIDE



When someone you love dies - it can be completely devastating.

Everyone will be affected by grief at some point in their life and it can be an incredibly tough and overwhelming time.

Where can you can get help from?



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While the pain from a bereavement is totally natural and understandable, it is not always easy to live with.

There are lots of different services and options if you want to talk to someone about loss and bereavement.



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While being bereaved and experiencing grief is not an illness, your GP might be able to refer you for a service like counselling or prescribe medicine if appropriate.

You do not need to see a doctor to access help as there are lots of different services that can offer you support.

Keep scrolling to find some different services that you can access.



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Winston's Wish

A charity that supports grieving children & young people



08088 020 021 (weekdays 8am-8pm)



ask@winstonswish.org



<https://winstonswish.org/>

Cruse Bereavement Support

Support for anyone experiencing a bereavement



0808 808 1677 (Weekdays 9:30am-5pm)



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



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Survivors of Bereavement by Suicide (SOBS)

UK peer-led support to adults impacted by suicide loss



0300 111 5065 (everyday 9am-7pm)



email.support@uksobs.org



<https://uksobs.com/>

Bereavement Advice Centre

Supports bereaved people on a range of practical issues



0800 634 9494

Bereavement Trust

Helpline for anyone experiencing bereavement



0800 435 435

Child Death Helpline

Helpline for anyone affected by death of a child of any age, from pre-birth to adult, under any circumstances



0800 282 986



www.childdeathhelpline.org.uk

Lullaby Trust

Provides support for bereaved families and anyone affected by a sudden infant death.



0808 802 6868



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If grief leads you to think about suicide:

For some young people, the pain or difficulties related to someone dying may lead to thoughts of suicide. HOPELINE247 offers support for anyone up to the age of 35 who is experiencing thoughts of suicide.

Call: 0800 068 4141

Text: 'HOPE' to 88247

Email: pat@papyrus-uk.org



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HOPELINE247

Make sure to let out your emotions and allow yourself to express how you feel.

Grief can be like a rollercoaster and it will take time for things to feel different. Life might not be the same as before - you may experience other losses related to the bereavement - but time will make a difference.

Save this post as you never know when you may need it.



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