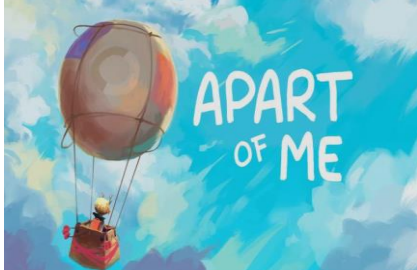


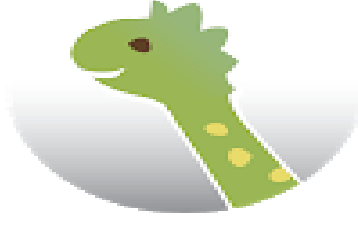




Web Site - Bereavement	Logo
<p>Cruse Bereavement Care https://www.cruse.org.uk/ Cruse offers face-to-face, telephone, email and website support. We have a Freephone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free.</p>	
<p>Young Minds: https://youngminds.org.uk/ We are here to make sure young people get the best possible mental health support and have the resilience to overcome life's difficulties.</p>	
<p>Child Bereavement UK https://www.childbereavementuk.org/ Child Bereavement UK supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.</p>	

Web Site	Logo
<p>Winston's Wish https://www.winstonswish.org/ Winston's Wish provides specialist child bereavement support services across the UK. This includes in-depth therapeutic support in individual, group and residential settings, as well as a Freephone National Helpline, training for professionals and specialist publications.</p>	
<p>Sue Ryder https://www.sueryder.org/ We support people through the most difficult times of their lives, giving people the compassion and expert care they need to help them live the best life they possibly can.</p>	
<p>Care for the Family https://www.careforthefamily.org.uk/ At Care for the Family we understand that everyone responds differently to bereavement and therefore there isn't just one way to manage grief. We want to help those who are living with loss to discover hope for the future, and the strength to rebuild their own lives and the lives of their families.</p>	

Apps to download	Image
<p>Apart of Me Players explore a magical world, completing quests and hearing real stories from other young people. Designed by a child psychologist, the game uses counselling techniques to help players come to terms with their feelings. Players practise meditation, learn about different perspectives on what happens when we die, and explore their emotions.</p>	 <p><u>Age 11+ Years</u> Free on the iOS App store and Google play</p>
<p>Grief: Support for Young People The app was developed by a group of young people and charity Child Bereavement UK and has information about bereavement, coping with feelings, and finding support. It features short, easy to navigate information pages, and there's a notepad section to jot down feelings.</p>	 <p><u>Age 11+ Years</u> Free on the iOS App store and Google play</p>
<p>Headspace Starting with the basics of mindfulness, the app guides you through short meditation exercises. You can choose collections based on what you need help with - whether that's stress, trying to stay more focused, or falling asleep. The Life Challenges section includes exercises on handling sadness, self-esteem and grieving.</p>	 <p>Available on the iOS App store and Google play</p>

Apps to download	Image
<p>Nino's Mourning Toolbox Nino's Mourning Toolbox tells the story of a dinosaur whose sister has died. The interactive story journeys through steps in the grieving process to help children overcome their loss and help families to support each other.</p>	 <p><u>Age 4 - 12 Years</u> Available on the iOS App store and Google play</p>
<p>Nelson's Journey This app provides an interactive tool to record memories, send gifts and write thoughts, feelings and emotions. As well as these interactive tools, Nelson's Journey have also provided tips on how to manage emotions such as anger, confusion, guilt, loneliness etc. which are all common when someone has been bereaved of a special person.</p>	 <p>Available on the iOS App store and Google play</p>
<p>Lilies Lilies is an easily accessible app providing a safe community to share thoughts and memories. This is done by offering access to a safe area to share memories, professional tips and 'hugs'.</p>	 <p>Available on the iOS App store and Google play</p>