

SAFE | WELL | PROSPEROUS | CONNECTED

North Lincolnshire Council
**Supporting Children and young
people who have been
bereaved in North Lincolnshire.**
September 2020



When someone who is close to us dies, we feel sad and upset.

These websites can give you information about bereavement and grief.

▼ **LIFE CENTRAL:**

www.life-central.org/children-young-people/mind-body/bereavement (Life Central has been developed by the Youth Council of North Lincolnshire).

Child bereavement UK:

www.childbereavementuk.org

Lots of support, An app,

Helpline: **0800 02 888 40**

Live chat: **9am to 5pm Mon to Fri**

▼ **Hope Again:**

www.hopeagain.org.uk

(Youth website of Cruse).

▼ **Young Minds:**

www.youngminds.org.uk.

▼ **Winston's Wish:**

www.winstonswish.org

free national helpline,
online chat.

▼ **Child line:**

www.childline.org.uk

1 to 1 chat email and
message boards.

▼ **Samaritans:**

www.samaritans.org &

116 123 (free call line).

▼ 1 to 1 chat email and message
boards Call: **0800 1111**.





You might want to talk to someone at your school or college.

Every school in North Lincolnshire has a Special Needs Coordinator, a Mental Health Champion, staff who give pastoral support, and access to an Educational Psychologist, OR if you are in a secondary school - a counsellor from the Youth Information and Counselling Team (YICU), who support young people who have been bereaved.

You can contact them on:

Educational Psychology:
nledpsychology@northlincs.gov.uk

**Youth Information and
Counselling Team (YICU):**
projects@northlincs.gov.uk
OR Tel 01724 296679

You might want to talk to someone outside of school.

You can visit the nearest Children Centre to you, talk to your youth worker, seek out someone at your place of faith, or you can text, email or get in touch with an organisation.

Here are few you can contact:

Kooth.com:

sign up to access support free online counselling.
For ages 11 yrs. to 25 yrs.

The Mix:

www.themix.org.uk (provides free, confidential support for young people under 25 via online, social and mobile).

Winstons Wish:

winstonswish.org

Website for professionals, children, young people and families (online support at this time).

Shout:

info@giveusashout.org OR Text

85258 in crisis' (Shout is new way people who are trained, can message you - this will be nationwide).

Grief Encounter:

www.griefencounter.org.uk OR Tel

0808802011 (National service providing support to bereaved children and teenagers).



You might want more help over time and would like to see someone who is a counsellor or join a group for children and young people who were bereaved.

▼ **Cruse Bereavement Care**

Cruse Bereavement Care:
www.cruse.org.uk
Contact:
south.humber@cruse.org.uk

We offer support, advice and information to children, young people and adults when someone dies. We work to enhance society's care of bereaved people.

Free Service
National Helpline 0808 808 1677
Local Helpline 07488 253 640

▼ **Jens Special Place**

We are a bereavement support group for young people aged 2-17yrs and their families. We run monthly social evenings as well as organise trips and wellbeing workshops for young people. We also provide emotional support to parents.

Free Service
07856 603301.
enquiries@jensspecialplace.co.uk

▼ **Church of England**

Ministers can offer advice about funerals, as well as Provides on-going pastoral and spiritual support, to anyone. Providers of funerals, memorial services and pastoral care of the bereaved. Statutory charges for funerals (no fees for under 18-year olds).
To find your local church go to:
www.achurchnearyou.com

▼ **Macmillan**

Specialist palliative care social worker

Support group for Bereaved children and remaining parent after loss of parent. Funded by health and Local authority. Pre and post bereavement support in schools.
Heather.Jinks@nhs.net

▼ **Young Carers Team**

Offer information and advice to children and families where there is an identified young carer role present.
Free Service
01724 296679

Other support is available locally from providers who charge for sessions.

▼ Prevention to Intervention

We offer counselling sessions with different interventions which are tailored towards the individual. Varying Charges Apply.

www.preventiontointervention.co.uk

Pete:

peterlambert9@gmail.com
07735056397

Sara:

sara3159@hotmail.com
07852289103

▼ Hayley Graves

Social worker background offers various therapeutic interventions. Currently focussing on connection, wellbeing and behaviour. 1 to 1, group and family sessions offered. Apply for more details.

Charges apply

creativetherapyforcayp@gmail.com

▼ Personal Potential

Works with 17+ age group on all issues around distress. (Contact for more details)35 years' experience as a practitioner.

Charges apply

Contact: 07977803421;

01724 710900

drcstonier@personal-potential.co.uk.

carl.stonier1 Skype; Zoom.

▼ ONGO talk

Offers affordable counselling, coaching or mind work courses in community led local development area for 18yrs+

Varied charges

nichola.johnson@ongo.co.uk
07920 806857

▼ Time out Drum Therapy

We work with all ages and consider, explore and address issues, around emotional distress and behaviour that challenges.

Variable charges apply.

www.timeoutdrumtherapy.co.uk
07824 600813

▼ Fortis Therapy and Training

www.fortistherapy.co.uk
01472 241794

If your feelings of loss and grief just will not go away after a few months then you might want to refer to the Child and Mental Health Service (CAMHS).

▼ **The Haven**

Is a partnership between Barnardo's, North Lincolnshire and Council and North Lincolnshire Clinical Commissioning Group. We are commissioned to provide a therapeutic service for children and young people Young people who are experiencing trauma as a result of significant harm. For those 4-18.

thehaven@barnardos.org.uk
01724847700

▼ **Child and Mental Health Service (CAMHS)**

www.camhs.rdash.nhs.uk

01724 408460

(Child and adolescent mental health service).



DO NOT FEEL ALONE IN YOUR GRIEF. **TALK ABOUT IT**

You are important and people care about you. Find the help you need. This leaflet was produced by North Lincolnshire Educational Psychology and YICU Counselling service in conjunction with the CCG. September 2020.

