



# ABOUT WINSTON'S WISH

**Winston's Wish is a national charity that helps children and young people up to the age of 25, find their feet after their worlds are turned upside down by grief. We can't change what has happened, but we can help children and young people understand their feelings, find healthy ways to cope and move forward with hope for the future.**

Winston's Wish offers a wide range of practical advice, guidance and support for bereaved children and young people, including the adults supporting them. People can reach out through our on-demand services which include a freephone helpline, online live chat, email or text support. Referrals for one-to-one and group bereavement support or bereavement counselling can be made for young people who are struggling with their grief and/or have additional support needs.

Having a better understanding of grief can help when supporting bereaved children and young people. With specialist bereavement training for individuals and organisations to help teachers, social workers and other professionals, people can gain the skills and confidence needed to support those who are grieving.



**WINSTON'S  
WISH** **WW**

Giving hope to grieving children

# OUR SERVICES

## WEBSITES

You will find a wealth of information and help on our websites, including support and advice following specific types of death, free training for professionals and further information about our services.

**winstonswish.org** and our youth website **talkgrief.org**

## FREEPHONE HELPLINE

Immediate support and advice for young people, parents, carers and professionals, as well as access to our more in-depth, ongoing services.

**08088 020 021** Monday – Friday.

*Please visit the website for current opening hours.*



## EMAIL SUPPORT

Anyone can email us seeking advice or to ask a question on **ask@winstonswish.org** and we will get back to you within 2 working days.



## ONLINE CHAT

Chat online in real time with a Bereavement support worker at **winstonswish.org** and **talkgrief.org**.

Conversations are anonymous and nothing about your grief is off limits.



## OTHER SUPPORT

SHOUT can provide 24/7 anonymous mental health support across the UK if you don't wish to call. Text SHOUT to 85258 to speak to someone. **For urgent support in a crisis please call 999, or go to A&E.**

## BEREAVEMENT SUPPORT AND COUNSELLING

For children and young people who require additional support, referrals can be made for one to one and group bereavement support. Children and young people who have experienced traumatic or multiple bereavements and/or have additional needs may also benefit from a referral to our bereavement counselling service.

## PUBLICATIONS & RESOURCES

A range of specialist publications and other helpful resources for professionals, children and parents are available at **shop.winstonswish.org**

## TRAINING

Bereavement training and consultancy for professionals to help ensure that children and young people under their care get the support they need. **winstonswish.org/training**

**WE CANNOT SUPPORT  
BEREAVED CHILDREN AND  
THEIR FAMILIES WITHOUT  
YOUR SUPPORT.**

### PHONE:

To make a donation by phone using your card please call our fundraising team on **01242 515 157**

### ONLINE:

To make a donation online please visit: **winstonswish.org/donate-online**

