

Winston's Wish is a charity that offers free, accessible online grief support to children and young people (aged 25 or under) across the UK who are bereaved or facing the death of someone important. Our services are completely digital, making them accessible across the UK. We help no matter how long they've been living with grief or who has died.

Grief is as unique as the person who's living it; our bereavement specialists take the time to get to know and understand the needs of each individual grieving child or young person and give them the support they need.

We provide a huge range of practical advice, guidance, and support for bereaved children and young people as well as the adults supporting them. Visit winstonswish.org to find out more.

Our expert bereavement team are available to speak with right away. No appointments. No wait lists. You can speak with us between 8am and 8pm, Monday to Friday (except bank holidays).

Call our helpline free on 08088 020 021

Go to winstonswish.org and click the blue 'Chat with us' button

Email ask@winstonswish.org

Text or WhatsApp us on 07418 341 800 (3pm-8pm, Monday to Friday, 13+ only)