

Is it okay if I
haven't cried?

How do I go
back to school?

When will I stop
feeling like this?

Why do I feel
like this?



WINSTON'S WISH

now

When grief feels too heavy, you can get FREE, instant grief support via text or WhatsApp (13+), phone, email, or live chat. Open on weekdays, excluding bank holidays. Please visit our website to find current opening hours.



07418 341 800



ask@winstonswish.org



08088 020 021



winstonswish.org

**Winston's Wish is here for young people
(aged 25 and under) when someone dies.**

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

Giving hope to grieving children

Registered Charity Number 1061359 (England and Wales), SC041140 (Scotland).