



External Bereavement Support



Scotty's Little Soldiers is dedicated to supporting bereaved Forces children and young people and we are here to signpost you to any further support you may need.

We have provided some details about organisations you can contact to get support and information but please note that Scotty's Little Soldiers is unable to recommend any of these organisations and is purely offering details of those that exist.

BEREAVEMENT SUPPORT FOR ADULTS

Funeral Directors

Funeral directors offer local bereavement groups and so it would be worth asking if they could signpost you to some local support.



CRUSE

CRUSE can provide bereavement support through their National Helpline

Helpline: 0808 808 1677

Email: helpline@cruse.org.uk

Website: www.cruse.org.uk/get-support



Widowed and Young (WAY)

WAY offers a peer-to-peer support network for anyone who's partner has died before their 51st birthday.

Website: www.widowedandyoung.org.uk

BEREAVEMENT SUPPORT FOR CHILDREN AND YOUNG PEOPLE



Winston's Wish

Support for children, young people and their families

Website: www.winstonswish.org/about-us



Childhood Bereavement Network

You can find local support services via this link:
www.childhoodbereavementnetwork.org.uk



Child Bereavement UK

Supports people up to the age of 25 who are facing bereavement. They also offer parent specific groups.

Helpline: 0800 02 888 40 (free phone from Monday-Friday 9am-5pm)

Email: support@childbereavementuk.org

Website: www.childbereavementuk.org

SIGNPOSTING DIRECTORY



The Good Grief Trust

A place to find information, advice and stories from others who have experienced a bereavement

Website: www.thegoodgrieftrust.org



At a Loss

At a Loss is a signposting website for those who are bereaved. They offer professional support via 'Grief Chat'. Online live Chat (Mon-Fri 9am-9pm)

Website: www.ataloss.org

GP and Counselling Services



Your GP

You can access support via your GP who can refer you to organisations in your area or to your local wellbeing service.



For mental health support, counselling services and crisis support please click [here](#)

