



SCOTTY'S LITTLE SOLDIERS BEREAVEMENT SUPPORT

Scotty's Little Soldiers is dedicated to supporting bereaved Forces children and young people. We are unable to offer bereavement support to adults however 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 one in your area.



Cruse Bereavement Support

CRUSE

CRUSE can provide bereavement support through their National Helpline and network of local services.

Helpline: 0808 808 1677

Helpline email: helpline@cruse.org.uk

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



WAY
Widowed and Young

Widowed and Young (WAY)

WAY offers a peer-to-peer support network for anyone who's partner has died before their 51st birthday – married or not.

Website: www.widowedandyoung.org.uk/

BEREAVEMENT SUPPORT FOR CHILDREN & YOUNG PEOPLE



Scotty's Little Soldiers

As part of our SUPPORT Programme Scotty's offer direct 1:1 emotional bereavement support for our Members and Springboarders.

Scotty's Free Phone Number: 0800 092 8571 Option 1

Families Team Mobile: 07741162132

Email: families@scottyslittlesoldiers.co.uk

If you are looking for in person support please try the below charities to find support local to you.



Childhood Bereavement Network

You can find local support services via this link:

www.childhoodbereavementnetwork.org.uk



Child Bereavement UK

Child Bereavement UK is a national charity which supports children and young 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)

Helpline email: support@childbereavementuk.org

Website: www.childbereavementuk.org/



Grief Encounter

Grief Encounter supporting bereaved children & young people.

Helpline: 0808 802 0111

Helpline email: griefftalk@griefencounter.org.uk

Website: www.griefencounter.org.uk/

SIGNPOSTING DIRECTORY FOR ADULTS, CHILDREN AND YOUNG PEOPLE



The Good Grief Trust

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

Website: www.thegoodgrieftrust.org/



AtaLoss

Helping bereaved people
find support & wellbeing

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

COUNSELLING SERVICES



NHS

Your GP

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



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BACP Counsellor

Find a counsellor who is registered with the British Association of Counsellors and Psychotherapists. (www.bacp.co.uk) Many counsellors work privately and so they will require payment for their time.



mind

MIND

MIND offer support and self-care around bereavement. They provide a wide range of services relating to mental health.

Infoline: 0300 123 3392

Website: www.mind.org.uk

