

For children who are bereaved:

<https://www.winstonswish.org/coronavirus/>

National Freephone Helpline\*: [08088 020 021](tel:08088020021) (open 9am – 5pm, Monday – Friday)

ASK email support: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Crisis Messenger: Text WW to 85258 (available 24/7) Online chat: [click here](#) (available 12-4pm, Wednesdays and Fridays)

For children who are bereaved: Includes a link to a guidance film that could be incorporated into a webinar

<https://www.childbereavementuk.org/coronavirus-covid-19-information>

Culturally specific support for Muslim women (mothers):

<http://mbss.org.uk/how-can-we-help-you/>

Culturally specific support for Jewish families - not necessarily Charedi/Orthodox which would **need exploring further - perhaps via Norwood:**

<https://jbcs.org.uk/why-bereavement-counselling/>

For bereaved families:

<https://www.mariecurie.org.uk/help/support/bereaved-family-friends>

For bereaved families - run by people who have experienced a bereavement themselves:

<https://www.thegoodgrieftrust.org/>

Moderated online community forum for adults who are bereaved:

<https://community.sueryder.org/>

Support after suicide:

<https://supportaftersuicide.org.uk/>