**Support helpline numbers/websites**

[**www.careforthefamily.org.uk**](http://www.careforthefamily.org.uk) **029 2081 0800**

**All ages (Mon – Fri 9 – 4.30pm)**

[**www.childbereavementuk.org**](http://www.childbereavementuk.org) **0800 02 888 40**

**Up to 25 years (Mon – Fri 9 – 5pm)**

**Live chat available**

[**www.winstonswish.org**](http://www.winstonswish.org) **08088 020 021**

**Up to 25 years for support (Mon – Fri 8 – 8pm)**

**All ages for guidance on supporting others**

**Live chat available**

**Text WW to 85258 for support**

[**www.cruse.org.uk**](http://www.cruse.org.uk) **0808 808 1677**

**All ages (Mon – Fri 9.30 – 3pm)**

[**www.supportline.org.uk**](http://www.supportline.org.uk) **01708 765200**

**All ages (Tues,Weds,Thurs**

**6pm – 8pm)**

[**www.brake.org.uk**](http://www.brake.org.uk/) **0808 8000 401**

**All ages (Mon – Fri 10 – 4pm)**

[**www.tcf.org.uk**](http://www.tcf.org.uk) **0345 123 2304**

**Parents/Carers (10 – 4pm, 7pm –**

 **10pm everyday)**

[**www.samaritans.org**](http://www.samaritans.org) **116 123**

**Jo@samaritans.org (24 hours per day)**

**All ages**

[**www.sueryder.org**](http://www.sueryder.org) **online support only**

**All ages**

[**www.mind.org.uk**](http://www.mind.org.uk) **0300 123 3393**

 **(Mon- Fri 9 – 6pm)**