North Lincolnshire Council

North Lincolnshire

Supporting children and young people who have been bereaved

Where to find help and support in North Lincolnshire, for young people and the adults around them



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When someone close to us dies, we can experience many different feelings.

You might feel angry, confused, worried or numb. Everyone grieves in their own way and there is no right or wrong way to feel. This booklet lists people who can help.

SINGLE POINT OF ACCESS FOR BEREAVEMENT SUPPORT
bereavementsupport@northlincs.gov.uk

HOW TO USE THIS BOOKLET

For young people - pages 4 to 6

For parents, carers and schools - pages 7 to 15

Books for children and adults - pages 16 to 18

Need urgent support?

Childline **0800 1111**

Samaritans **116 123**

Shout: text "Shout" to **85258**

Mental health crisis (all ages): call **0800 804 8999** or **NHS 111** and choose the mental health option. Open 24/7. www.rdash.nhs.uk/services/crisis/

All free and confidential. If you or someone else is in danger right now, call 999. **Adults (18+)** can walk in to **The Acorn Centre**, 97 Ashby High Street, Scunthorpe, for urgent mental health support, 24/7.



FOR YOUNG PEOPLE

You don't have to cope alone

Talking to someone you trust can really help. That could be family, a friend, or one of the people on this page.

At school or college
At school or college, you can ask a trusted member of staff about pastoral support and counselling. In secondary school you can also see a counsellor from the Youth Counselling and Wellbeing Team. Ask any member of staff you feel comfortable with.

Outside school
Visit your nearest Children's Centre, talk to your youth worker, or speak to someone at your place of faith.

TALK, TEXT OR CHAT

Childline
0800 1111 · childline.org.uk
1-to-1 chat, email and message boards

The Mix
themix.org.uk
Online information and support for young people under 25.

YoungMinds
youngminds.org.uk
Advice on feelings and mental health

Shout
Text "Shout" to 85258
Free, confidential text support
crisistextline.uk

Hope Again
0808 808 1677 · hopeagain.org.uk
Cruse's website for young people, made by young people

Samaritans
116 123 · samaritans.org
Free to call, day or night



FOR YOUNG PEOPLE

People who understand

Meeting other young people who have lost someone can help you feel less alone. These groups are for you and your family.

IN NORTH LINCOLNSHIRE

Jen's Special Place

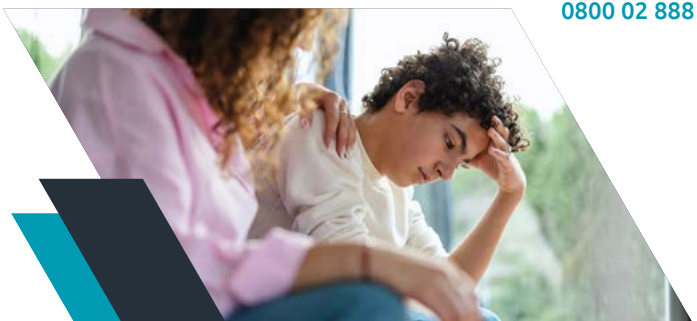
LOCAL · FREE

Jen's Special Place is a child bereavement charity based in Scunthorpe for children aged 4 to 17. It aims to support children in expressing their grief and exploring their feelings in a safe and empathetic environment, enabling them to grow through each other's experiences. Parents and carers also benefit, with adult group support and an opportunity to speak with others in similar circumstances.

07368 224827 · enquiries@jensspecialplace.co.uk
www.jensspecialplace.co.uk

Young Carers Team

Free advice if you help look after someone at home
01724 297000



Changing Lives Through Changing Minds

Provides therapy for children, young people and families, including individual sessions, group work and family therapy.

Its Specialist Therapeutic Trauma Service supports children and young people experiencing the effects of significant trauma, alongside their families, carers and support networks.
01724 487337 · admin@changinglives-therapy.org
https://changinglives-therapy.org/

ACROSS THE UK

Grief Encounter

Support for bereaved children and teenagers
0808 802 0111 · griefencounter.org.uk

Hub of Hope

Search for local mental health and bereavement support near you
hubofhope.co.uk · free app

Child Bereavement UK

Helpline, app and live chat, Monday–Friday, 8am–8pm, excluding bank holidays. Winston's Wish is now part of it.
0800 02 888 40 · childbereavementuk.org

FOR YOUNG PEOPLE

If someone has died by suicide

Losing someone to suicide can bring up lots of difficult feelings and questions. You don't have to face what happens next alone.

TALK, TEXT OR CHAT

Alfie's Squad
alfiessquad.org/online-group/
Online peer support group for ages 8 to 17. Children join by referral.

Support After Suicide Partnership
supportaftersuicide.org.uk
Free guides, including one for young people and Help is at Hand.

Scotty's Little Soldiers
scottys.org.uk
For ages 0 to 25 whose parent served in the Armed Forces and has died.

Suicide&Co
0800 054 8400 · suicideandco.org
Helpline Mon to Fri, 9am to 5pm, and the free Suicide&Co app.

Chilypep – Walk With Us
Walk With Us toolkit (PDF)
For children, young people and families affected by suicide.

If your feelings are overwhelming or making everyday life difficult, you can contact CAMHS yourself, or ask a parent, carer, teacher or GP to help. **01724 408460**

· www.rdash.nhs.uk/services/child-and-adolescent-mental-health-service-camhs/



FOR PARENTS, CARERS AND SCHOOLS

Supporting a bereaved child or young person

Children often grieve in bursts and may need support at different times. These services can advise the adults around them as well as the child.

NORTH LINCOLNSHIRE COUNCIL

Educational Psychology
nledpsychology@northlincs.gov.uk

Virtual School & Inclusion
Youth Counselling and Wellbeing Team
Offers counselling and wellbeing support, giving young people a safe, confidential space to explore their feelings and manage their emotions. Support is tailored to individual needs, with up to six sessions offered in schools or NLC hubs.
Professionals or parents/carers can request support. Where a professional is involved, they are asked to submit the request on the family's behalf. Requests must include the young person's views and are assessed to determine whether counselling is appropriate.
youthwellbeingsupport@northlincs.gov.uk
01724 297587 or 01724 296746 · This is not a crisis service.

ADVICE AND SUPPORT FOR FAMILIES

Lindsey Lodge Hospice –
Counselling and Family Support · LOCAL
Support before and after a bereavement for Hospice patients, their families and carers, and one-to-one emotional support and counselling after the death of a loved one.

A weekly bereavement group is held for anyone within the local community.

Emma Thorpe: 01724 270835 · llh.enquiries@nhs.net · lindseylodgehospice.org.uk



FOR PARENTS, CARERS AND SCHOOLS

With Me In Mind
Provides early support for children and young people's emotional wellbeing and mental health through participating schools and education settings. Parents and carers can ask their child's school about access to support. This is broader mental health support rather than a specialist bereavement service.
www.rdash.nhs.uk/services/with-me-in-mind/

School Nursing and the 0–19 Health and Wellbeing Service
Offers advice on children and young people's health and emotional wellbeing, and can help families find appropriate support. Ask your child's school about school nursing support.
www.rdash.nhs.uk/services/school-nursing-age-5-to-19/

Child Bereavement UK
Helpline and live chat for families and professionals, Monday–Friday, 8am–8pm, excluding bank holidays.
Now includes Winston's Wish.
0800 02 888 40 · childbereavementuk.org

Jen's Special Place
A child bereavement charity offering advice, guidance and resources for parents, carers and caregivers supporting a bereaved child or young person.
07368 224827 · www.jensspecialplace.co.uk · enquiries@jensspecialplace.co.uk

Church of England
Advice about funerals, and ongoing pastoral and spiritual support, to anyone. No fees for funerals of under-18s.
achurchnearyou.com

Macmillan
Specialist palliative care social worker. Support group for bereaved children and their surviving parent or carer after loss of a parent. Support before and after a bereavement in schools.
03033 305372 · Heather.Jinks@nhs.net

Team Verrico
Supports families affected by cancer, particularly those facing rare or hard-to-treat cancers and families with children under 18. Offers free counselling and practical support, including help with childcare, transport and cleaning costs, and can help people access second medical opinions. Support is also available for friends and family. Mon to Fri, 9am to 5pm
07967 677564 · teamverrico@gmail.com · www.teamverrico.org

Hope House (Scunthorpe)
Provides support to families affected by cancer. Whether you or a family member have been diagnosed with cancer, are having treatment or need support after cancer, please get in touch.
07861 460754 · joanne@hopehousebfs.org · hopehousebfs.org

Cruse Bereavement Support
FREE
Parents, carers and guardians can contact the National Helpline for advice and information, or visit the children and young people's section of the Cruse website for resources and guidance.
National helpline 0808 808 1677 · www.cruse.org.uk/understanding-grief/grief-experiences/children-young-people/

More support for families

National and local organisations for parents, brothers and sisters, grandparents and the wider family.

WHEN A CHILD OR BABY HAS DIED

The Compassionate Friends

A charitable organisation of bereaved parents, siblings and grandparents supporting other families after the death of a child of any age, from any cause. Includes support days, groups and a support pack for bereaved brothers and sisters.
0345 123 2304 · helpline@tcf.org.uk · tcf.org.uk

Child Death Helpline

Support for anyone affected by the death of a child of any age, under any circumstances, however recent or long ago. Mon to Fri 10am to 1pm, and every evening 7pm to 10pm.
0800 282 986 · childdeathhelpline.org.uk

Sands

The stillbirth and neonatal death charity, supporting anyone affected by the death of a baby.
0808 164 3332 · helpline@uk-sands.org · sands.org.uk

The Lullaby Trust

Emotional support for families bereaved by the sudden and unexpected death of a baby or young child. Helpline Mon to Fri 10am to 2pm; weekends and bank holidays 6pm to 10pm.
0808 802 6868 · support@lullabytrust.org.uk · lullabytrust.org.uk

FINDING THE RIGHT SUPPORT

Muslim Bereavement Support Service

Free, confidential support for bereaved women in several languages; can signpost support for men and children.
020 3468 7333 · info@mbss.org.uk

The Good Grief Trust

Brings together more than 1,000 local and national bereavement services in one place, to help you find the support you need.
thegoodgrieftrust.org

IN NORTH LINCOLNSHIRE

LiveWell North Lincolnshire

An online directory of local services, community activities and practical support for children, young people and families.
www.livewellnorthlincolnshire.org.uk

North Lincolnshire SEND Local Offer

Information, advice and local services for children and young people with special educational needs and disabilities, and their families.
localoffer.northlincs.gov.uk



FOR PARENTS, CARERS AND SCHOOLS

Suicide bereavement support

BEREAVED BY SUICIDE

Together – Support After Suicide NEW · LOCAL
Delivered by Humber Wellbeing Services CIC and jointly commissioned by the four Public Health teams in Hull, East Riding, North Lincolnshire and North East Lincolnshire. Together offers practical, emotional and social support for adults, children and young people bereaved or affected by a suspected death by suicide, shaped around what matters to them, however long ago the death happened. It also supports friends, colleagues, witnesses, and organisations and communities affected by a suspected suicide.

Self-referrals welcome: humberwellbeinghub.com

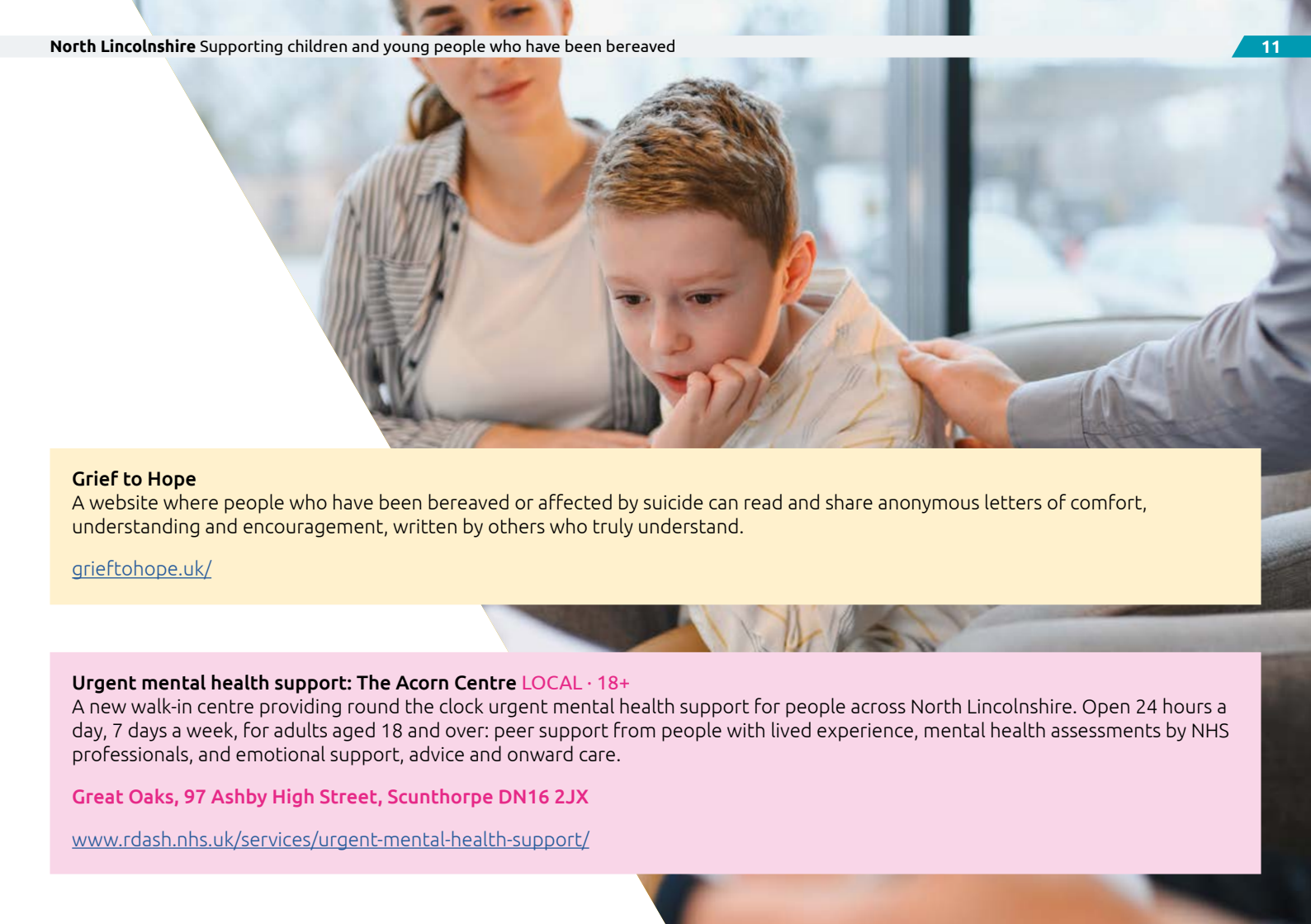
SOBS Support Group – Scunthorpe NEW · LOCAL · FOR ADULTS AGED 18 AND OVER
Survivors of Bereavement by Suicide. Support group for anyone wishing to find out more information or receive support following a bereavement by suicide. Free tea or coffee is provided. To join, call Nina, who will listen to your story and give more information about the group.

Nina Shrimpton, Team Leader: 07528 788823 · ninapembroke@gmail.com

SOBS national support line 0300 111 5065, Mon to Sat 9am to 7pm · uksobs.com · online forum

BereaveMENt: online group for men impacted by suicide loss. 2nd Tuesday of each month, 7.30pm to 9pm. **bereavement@uksobs.org**

SpeakOUT: online group for LGBTQ+ people impacted by suicide loss, and those who have lost an LGBTQ+ loved one. Last Monday of each month, 7.30pm to 9pm. **speakout@uksobs.org**



Grief to Hope
A website where people who have been bereaved or affected by suicide can read and share anonymous letters of comfort, understanding and encouragement, written by others who truly understand.

grieftohope.uk/

Urgent mental health support: The Acorn Centre LOCAL · 18+
A new walk-in centre providing round the clock urgent mental health support for people across North Lincolnshire. Open 24 hours a day, 7 days a week, for adults aged 18 and over: peer support from people with lived experience, mental health assessments by NHS professionals, and emotional support, advice and onward care.

Great Oaks, 97 Ashby High Street, Scunthorpe DN16 2JX

www.rdash.nhs.uk/services/urgent-mental-health-support/

FOR PARENTS, CARERS AND SCHOOLS

Specialist and further support

SPECIALIST SERVICES

The Haven

A partnership between Barnardo's, North Lincolnshire Council and NHS Humber and North Yorkshire Integrated Care Board, commissioned to provide a therapeutic service for children and young people who are experiencing trauma as a result of significant harm. For those aged 4 to 18.

01724 847700
thehaven@barnardos.org.uk

Changing Lives Through Changing Minds

Provides therapy for children, young people and families, including individual sessions, group work and family therapy.
Its Specialist Therapeutic Trauma Service supports children and young people experiencing the effects of significant trauma, alongside their families, carers and support networks.

01724 487337 · admin@changinglives-therapy.org
changinglives-therapy.org

Child and Adolescent Mental Health Service (CAMHS)

North Lincolnshire CAMHS is a dedicated service run by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) that supports children and young people with their emotional wellbeing and mental health, including prolonged feelings of loss and grief. Young people can refer themselves by phone or using the online self-referral form, or a parent, carer, teacher or GP can refer.
Mon to Fri, 9am to 5pm.

01724 408460 · camhs.rdash.nhs.uk
rdash.northlincscamhs@nhs.net · rdash.nhs.uk

North Lincolnshire Mind Safe Space

Evening emotional support for people aged 16 and over who are struggling with their mental health.

01724 279 500 · www.nlmind.org/safespace



AFTER A SUDDEN OR TRAUMATIC DEATH

If someone dies suddenly or unexpectedly, the death may be reported to a coroner. The coroner's officer will be your main contact: they can explain what happens and tell you about local support. The government guide to coroner services and gov.uk/after-a-death explain the process.

Coroners' Courts Support Service

Trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an inquest. Helpline Mon to Fri, 10am to 4pm.
0300 111 2141 · helpline@ccss.org.uk · coronerscourtssupportservice.org.uk

Brake

Support for people bereaved by a road crash, and the family, friends and professionals supporting them. Mon to Fri, 10am to 4pm.
0808 8000 401 · help@brake.org.uk

Bereavement Advice Centre

Free practical advice on what to do after a death, from Co-op Legal Services. Mon to Fri, 9am to 5pm.
0800 634 9494 · bereavementadvice.org

Support After Murder and Manslaughter (SAMM)

Supporting families bereaved by murder and manslaughter.
0121 472 2912 · samm.org.uk

Tell Us Once

Report a death to most government organisations in one go. The registrar gives you a reference number.
gov.uk – Tell Us Once



FOR PARENTS, CARERS AND SCHOOLS

Local counselling and therapy

OTHER SUPPORT FROM LOCAL PROVIDERS –
Here is a list of some local providers

ONGO Endeavour Project for 16+
The project offers counselling. Free to Ongo tenants.
Charges apply to others.
01724 279900 (option 6) · 07585 402959
kate.williams@ongo.co.uk
Ongo Talk: www.ongo.co.uk/supporting-you/other-support/ongotalk/

Creative Therapy: for children and young people
Therapeutic support for children and young people, focusing on connection, wellbeing and behaviour. One-to-one, group and family sessions offered. Contact for more details. **Charges apply**
creativetherapyforcayp@gmail.com
www.facebook.com/creativetherapyforcayp/

Someone to Talk To – grief counselling
A gentle, supportive space to process loss at your own pace, for adults, young people and children, with empathy and without judgement. **Charges apply**
Beata Tyka: 07716 592945
beatatyka@hotmail.com
someonetotalktocounselling.co.uk/en/home/

New Beginnings
Professional counselling and talking therapy in a welcoming, confidential and non-judgemental environment in Scunthorpe, including for bereavement, grief and loss. Enquiries or referrals from professionals are welcome. **Charges apply**
sgnewbeginning@outlook.com

Time Out Drum Therapy
Works with all ages to consider, explore and address issues around emotional distress and behaviour that challenges.
Charges apply
07824 600813 · timeoutdrumtherapy.co.uk

Rubik's Inclusive Counselling Service
Works with young people with bereavement and grief issues. Also works alongside the disability sector with Starlight Arts, and has a group called The Islanders, which works with young people who are autistic or have ADHD to work through social situations; some are working through grief. **Charges apply**
Pete: 07946 541588 ·
peterlambert9@gmail.com
info@rubiks-counselling.co.uk

Personal Potential
Works with the 17+ age group on all issues around distress. 38 years' experience as a practitioner. Contact for more details.
Charges apply
07977 803421 · 01724 710900
drcstonier@personal-potential.co.uk

The Therapy & Wellbeing Centre

A private therapy and wellbeing centre in Scunthorpe offering counselling and psychotherapy, support for children and young people, and bereavement and trauma support. Self-referral welcome; no GP referral needed.
Not a crisis service. **Charges apply**
Richard Mclean-Thompson:
07384 317144
info@thetherapyandwellbeingcentre.com
www.thetherapyandwellbeingcentre.com/



Fortis Therapy and Training

Fortis Therapy & Training provides expert mental health services, including therapy, counselling, mediation, and coaching. Fortis offers personalised face-to-face and online support across Lincolnshire and the UK for individuals, businesses and schools.
Charges apply
01472 241794 · contactus@fortistherapy.co.uk
fortistherapy.co.uk

AINT Foundation CIC

Provides non-clinical, trauma-informed early-help support for adults waiting to access statutory or charitable mental health services. Support focuses on emotional stabilisation, managing distress and maintaining wellbeing during the waiting period, with the aim of reducing escalation towards crisis.
Charges apply
0300 030 1309 · info@aintfoundationcic.co.uk
www.aintfoundationcic.co.uk

BOOKS THAT MAY HELP

Books that may help

Reading together can make it easier to talk about death and feelings. Most of these are available from bookshops, libraries and online.

FOR YOUNG CHILDREN

The Magical Wood
Mark Lemon · Amazon
The tree family learn to carry on after Strongest Tree falls in a storm.

The Memory Tree
Britta Teckentrup · Amazon
Fox's friends share memories, and a tree grows where he lay.

The Heart and the Bottle
Oliver Jeffers · Amazon
A girl hides her heart away after a loss, then learns to open it again.

Grandad's Island
Benji Davies · Amazon
A gentle way to talk about losing a grandparent.

Badger's Parting Gifts
Susan Varley · Amazon
Badger's friends remember the special things he taught them.

The Invisible String
Patrice Karst · Amazon
The string of love that connects us to people we love.

Missing Mummy
Rebecca Cobb · Amazon
A little boy misses his mummy, and his family helps each other cope.

Muddles, Puddles and Sunshine
Diana Crossley · Winston's Wish · Amazon
An activity book for feelings and memories.

FOR AGES 7 TO 11

Michael Rosen's Sad Book
Michael Rosen & Quentin Blake · Amazon
An honest book about sadness after the death of his son.

What on Earth Do You Do When Someone Dies?
Trevor Romain · Amazon
Simple, honest answers to children's questions.

Milly's Bug Nut
Jill Janney · Winston's Wish · Child Bereavement UK shop
Milly and her family find ways to remember her dad.

The Star Outside My Window
Onjali Q. Rauf · Amazon
A moving novel about loss and hope.

FOR TEENAGERS

A Monster Calls
Patrick Ness · ages 12+ · Amazon
A powerful novel about fear, anger and loss.

The Grieving Teen
Helen Fitzgerald · Amazon
A practical guide for teenagers and their friends.

FOR CHILDREN AFTER A SUICIDE

I Love You, Sunshine LOCAL AUTHOR
Addy Farmer, illustrated by Darren Gate · addyfarmer.com · Amazon
Milly's story after her dad dies by suicide, with guidance notes for parents. Now also a short film.

Rafi's Red Racing Car
Louise Moir · ages 3 to 8 · Amazon
Rafi learns that all his feelings are natural.

Kids' Helpful Guide: When a Loved One Dies by Suicide
Deborah Brown · ages 7 to 11 · Amazon
An activity journal, with a guide for adults.

Luna's Red Hat
Emmi Smid · ages 6+ · Amazon
Luna and her dad talk about her mum and share happy memories.

The Little Flower Bulb
Eleanor Gormally · ages 3 to 10 · Amazon
Helps children understand suicide and parents talk about death.

FOR PARENTS AND CARERS AFTER A SUICIDE

Beyond the Rough Rock
Di Stubbs & Julie Stokes · Amazon
Practical advice on involving children in the first days and weeks.

Help is at Hand
Free guide · supportaftersuicide.org.uk
For anyone bereaved by suicide or sudden death.

BOOKS THAT MAY HELP

Books for adults

BEREAVEMENT BY SUICIDE

Daddy Blackbird
Caroline Roodhouse · Amazon
The true story of a family surviving and thriving after loss by suicide.

Giving a Voice to the Child Left Behind
Maddie Roberts · Amazon
The unspoken grief of losing a parent to suicide in childhood.

Bearing the Unbearable
Dr Joanne Cacciatore · Amazon
On love, loss and the path of grief after a traumatic death.

Things Jon Didn't Know About
Sue Henderson · Amazon
Raising a family after her husband's suicide, with advice on talking to children.

A Special Scar
Alison Wertheimer · Amazon
Experiences of siblings, parents, children and friends bereaved by suicide.

Don't Let Them Tell You How to Grieve
Gina Claye · Amazon
Poems from a mother who lost her daughter and son.

LOSS AND GRIEF

The Missing Peace
Ian Donaghy · Amazon
Illustrated stories of how people have survived after a loved one died.

The Grief Survival Guide
Jeff Brazier · Amazon
Expert advice and the author's own experience of coping with grief.

Grief Works
Julia Samuel · Amazon
Stories and practical advice from a grief psychotherapist.

A Grief Observed
C.S. Lewis · Amazon
Reflections written after the death of his wife.



KEY CONTACTS

Key contacts at a glance

The main numbers in this booklet, with more detail on the pages before.

NEED URGENT SUPPORT?	
Childline	0800 1111
Samaritans	116 123
Shout	Text “Shout” to 85258
Emergency	999
The Acorn Centre (adults 18+), walk in 24/7	Great Oaks, 97 Ashby High Street, DN16 2JX
Mental health crisis line (all ages, 24/7)	0800 804 8999 or NHS 111 (mental health option)

IN NORTH LINCOLNSHIRE	
Single point of access (email)	bereavementsupport@northlincs.gov.uk
Together – Support After Suicide	humberwellbeinghub.com
SOBS Scunthorpe (Nina)	07528 788823
Jen’s Special Place	07368 224827
Cruse National Helpline	0808 808 1677
Lindsey Lodge Hospice	01724 270835
CAMHS	01724 408460
The Haven	01724 847700
Hope House Scunthorpe	07861 460754

ACROSS THE UK	
Hope Again (Cruse, for young people)	0808 808 1677
Child Bereavement UK	0800 02 888 40
Grief Encounter	0808 802 0111
Suicide&Co	0800 054 8400
The Compassionate Friends	0345 123 2304
Coroners' Courts Support Service	0300 111 2141



MY NOTES

People I can talk to

Write down the names and numbers of people you trust: at home, at school or college, or anywhere else.

NAME	PHONE NUMBER

My notes
Things I want to remember or ask about

Do not feel alone in your grief. Talk about it.

You are important and people care about you. Find the help you need.

SINGLE POINT OF ACCESS

bereavementsupport@northlincs.gov.uk

