

Grief and Loss

Cruse Bereavement Care

Phone 0808 808 1677

www.cruse.org.uk

helpline@cruse.org.uk

Cruse Bereavement Care can offer support, advice and information to children, young people and adults when someone dies. They run a helpline as well as bereavement counselling as well as facilitated self-help groups across the country.

Winstons Wish

Phone 08452 030405 (helpline)

www.winstonswish.org.uk

info@winstonswish.org.uk

Winston's Wish is the leading childhood bereavement charity in the UK. It offers practical support and guidance to bereaved children, their families and professionals.

'Catherine is so easy to talk to and I always leave feeling lighter'

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.

07487 225035
catherine@blueskyvitality.co.uk
www.blueskyvitality.co.uk

