

SAFE | WELL | PROSPEROUS | CONNECTED

North Lincolnshire Council  
**Supporting Children and young  
people who have been  
bereaved in North Lincolnshire.**  
September 2022



When someone who is close to us dies, we feel sad and upset.

## These websites can give you information about bereavement and grief.

### ▼ **LIFE CENTRAL:**

[www.life-central.org/children-young-people/mind-body/bereavement](http://www.life-central.org/children-young-people/mind-body/bereavement)

(Life Central has been developed by the Youth Council of North Lincolnshire).

### ▼ **Child bereavement UK:**

[www.childbereavementuk.org](http://www.childbereavementuk.org)

Lots of support, An app,

Helpline: 0800 02 888 40

Live chat: 9am to 5pm Mon to Fri

### ▼ **Hope Again:**

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

(Youth website of Cruse).

Tel: 0808 808 1677.

### ▼ **Young Minds:**

[www.youngminds.org.uk](http://www.youngminds.org.uk).

### ▼ **Winston's Wish:**

[www.winstonswish.org](http://www.winstonswish.org)

free national helpline,  
online chat.

Tel: 08088 020 021.

### ▼ **Child line:**

[www.childline.org.uk](http://www.childline.org.uk)

1 to 1 chat email and  
message boards.

Tel: 0800 1111.

### ▼ **Samaritans:**

[www.samaritans.org](http://www.samaritans.org) &

116 123 (free call line).





## Single Point of Access for Bereavement Support is: [bereavementsupport@northlincs.gov.uk](mailto:bereavementsupport@northlincs.gov.uk)

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You might want to talk to someone  
at your school or college.

Every school in North Lincolnshire has a Special Educational Needs Coordinator, a Mental Health Champion, staff who give pastoral support, and access to an Educational Psychologist, OR if you are in a secondary school - a counsellor from the Youth Information and Counselling Unit (YICU), who support young people who have been bereaved.

**You can contact them on:**  
**Educational Psychology:**  
[nledpsychology@northlincs.gov.uk](mailto:nledpsychology@northlincs.gov.uk)

**Youth Information and  
Counselling Unit (YICU):**  
[projects@northlincs.gov.uk](mailto:projects@northlincs.gov.uk)  
OR Tel 01724 296679

# You might want to talk to someone outside of school.

You can visit the nearest Children Centre to you, talk to your youth worker, seek out someone at your place of faith, or you can text, email or get in touch with an organisation.

## **The Mix:**

**[www.themix.org.uk](http://www.themix.org.uk)** (provides free, confidential support for young people under 25 via online, social and mobile).

## **Winstons Wish:**

**[winstonswish.org](http://winstonswish.org)**

Website for professionals, children, young people and families (online support at this time).

## **Shout:**

**[info@giveusashout.org](mailto:info@giveusashout.org)** OR Text **85258** in crisis' (Shout is new way people who are trained, can message you - this will be nationwide).

## **Grief Encounter:**

**[www.griefencounter.org.uk](http://www.griefencounter.org.uk)** OR Tel **0808 802 0111** (National service providing support to bereaved children and teenagers).



You might want more help over time and would like to see someone who is a counsellor or join a group for children and young people who were bereaved.

#### ▼ **Cruse Bereavement Care**

Cruse Bereavement Care:

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

Contact:

**[south.humber@cruse.org.uk](mailto:south.humber@cruse.org.uk)**

We offer support, advice and information to children, young people and adults when someone dies. We work to enhance society's care of bereaved people.

**Free Service**

**National Helpline 0808 808 1677**

**Local Helpline 07488 253 640**

#### ▼ **Jens Special Place**

We are a bereavement support group for young people aged 2-17yrs and their families.

We run monthly social evenings as well as organise trips and wellbeing workshops for young people. We also provide emotional support to parents.

**Free Service**

**07856 603301.**

**[enquiries@jensspecialplace.co.uk](mailto:enquiries@jensspecialplace.co.uk)**

#### ▼ **Church of England**

Ministers can offer advice about funerals, as well as provides on-going pastoral and spiritual support, to anyone.

Providers of funerals, memorial services and pastoral care of the bereaved.

Statutory charges for funerals (no fees for under 18-year olds).

**To find your local church go to:**

**[www.achurchnearyou.com](http://www.achurchnearyou.com)**

#### ▼ **Macmillan**

Specialist palliative care social worker

Support group for Bereaved children and remaining parent after loss of parent. Funded by health and Local authority. Pre and post bereavement support in schools.

**[Heather.Jinks@nhs.net](mailto:Heather.Jinks@nhs.net)**

#### ▼ **Young Carers Team**

Offer information and advice to children and families where there is an identified young carer role present.

**Free Service**

**01724 296679**

# Other support is available locally from providers who charge for sessions.

## ▼ **Rubik's Inclusive Counselling Service**

The service works with young people with bereavement and grief issues. We also work along the disability sector with Starlight Arts , and have a group called The Islanders, which work with people on the ASD and ADHD spectrum to work through social situations, some of these are working through grief. Charges apply.

### **Contact:**

**Pete:** [peterlambert9@gmail.com](mailto:peterlambert9@gmail.com)

**Tel:** 07735 056 397

[info@rubiks-counselling.co.uk](mailto:info@rubiks-counselling.co.uk)

## ▼ **Hayley Graves**

Social worker background offers various therapeutic interventions. Currently focussing on connection, wellbeing and behaviour. 1 to 1, group and family sessions offered. Apply for more details.

Charges apply

[creativetherapyforcayp@gmail.com](mailto:creativetherapyforcayp@gmail.com)

## ▼ **Personal Potential**

Works with 17+ age group on all issues around distress. (Contact for more details)38 years' experience as a practitioner.

Charges apply

**Contact:** 07977803421;

**01724 710900**

[drcstonier@personal-potential.co.uk](mailto:drcstonier@personal-potential.co.uk).

**Skype:** carl.stonier1

## ▼ **ONGO Endeavour Project for 16+**

within that project we offer counselling. contact:

[kate.williams@ongo.co.uk](mailto:kate.williams@ongo.co.uk)

**Tel:** 01724 279900 (opt.6)

**Tel:** 07585 402 959

## ▼ **Time out Drum Therapy**

We work with all ages and consider, explore and address issues, around emotional distress and behaviour that challenges.

Variable charges apply.

[www.timeoutdrumtherapy.co.uk](http://www.timeoutdrumtherapy.co.uk)  
**07824 600813**

## ▼ **Fortis Therapy and Training**

[www.fortistherapy.co.uk](http://www.fortistherapy.co.uk)

**01472 241794**



If your feelings of loss and grief just will not go away after a few months then you might want to refer to the Child and Adolescent Mental Health Service (CAMHS).

▼ **The Haven**

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

**thehaven@barnardos.org.uk**  
**01724847700**

▼ **Child and Adolescent Mental Health Service (CAMHS)**

**[www.camhs.rdash.nhs.uk](http://www.camhs.rdash.nhs.uk)**

**01724 408460**

(Child and adolescent mental health service).



# DO NOT FEEL ALONE IN YOUR GRIEF. **TALK ABOUT IT**

You are important and people care about you. Find the help you need. This leaflet was produced by North Lincolnshire Educational Psychology and YICU Counselling service in conjunction with the ICB. September 2022.

