

## Cruse Bereavement Care

Understanding grief and support on how to cope when going through a bereavement.

The logo for Cruse Bereavement Care, featuring the word "Cruse" in a purple, cursive script font.

## The Mix

Information on how to cope with grief



## St Helena Hospice

Bereavement support



## NHS

Support for young people



## Winstons Wish

Online question support or to ask for help



## Help to make sense

Support for young people on returning to school, real life stories and how to help friends

**#HELP2MAKESENSE**