



TEENS AND CHILDREN

Winston's Wish

Information and support for children and young people up to age 25 across the UK who are grieving the death of someone important to them.

Instant online support from a Bereavement Support Worker.

Facilitating peer support groups and one-to-one individual sessions

Website: <https://winstonswish.org>

Email: Email them on ask@winstonswish.org or fill out their contact form and they'll reply within two working days.

Phone: Call to speak with a Bereavement Support Worker on 08088 020 021 (freephone) from 8am to 8pm weekdays (excluding Bank Holidays).

Penhaligon's Friends - Cornwall

To support bereaved children, young people and their families in **Cornwall**.

Website: <https://penhaligonsfriends.org.uk>

In Touch Youth Counselling Service

Free and confidential counselling service for young people 13-25 and telephone support for their parents

Website: www.youngdevon.org

Phone: 01392 424767

The Wave Project

A six- week introduction to surfing helps young people to overcome their worries about the water and feel more confident about taking on different challenges. In **Devon and Cornwall**.

Website: <https://www.waveproject.co.uk>

Email: via the form on their website



Grief Encounter

Free, individual support for bereaved children and young people. Also supporting bereaved families.

Website: www.griefencounter.org.uk

Email: southwest@griefencounter.org.uk

Phone: 0808 802 0111