Resources for MH and Bereavement

* Heads Up—'Heads Up are an FA charity partner, aiming to tackle mental health both in and out of the game’ [www.thefa.com/about-football-association/heads-up](http://www.thefa.com/about-football-association/heads-up)
* MIND—www.mind.org.uk Tel: 0300 123 3393

[What is bereavement? | Mind, the mental health charity - help for mental health problems](https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/)

* Cruse—‘Cruse Bereavement Support and its counterpart Cruse Bereavement Care Scotland are the United Kingdom's largest bereavement charity, which provide free care and bereavement counselling to people suffering from grief.’ [www.cruse.org.uk](http://www.cruse.org.uk/) Tel: 0808 808 1677
* CALM (Campaign Against Living Miserably)—0800 58 58 58--[Support After Suicide - Campaign Against Living Miserably (thecalmzone.net)](https://www.thecalmzone.net/issues/support-after-suicide/)
* PAPYRUS—'those dealing with suicide, depression or emotional distress particularly teenagers and young adults’ <http://www.papyrus-uk.org/> 0800 068 41 41
* SHOUT--SHOUT is available 24/7 and free to text from most mobile networks. Anyone who is feeling anxious, stressed, low or in crisis, can text ‘HeadsUp’ to 85258 to connect with a trained crisis volunteer who will chat to you by text message.
* Every Mind Matters— [www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)
* Simon Says–'Our aim is to support Hampshire children and young people up to the age of 18 years who have a significant person in their life who has died or is dying.’ [www.simonsays.org.uk](http://www.simonsays.org.uk/) tel: 08453055744
* Winston’s Wish--'Winston’s Wish is the UK’s childhood bereavement charity. We support children and their families after the death of a parent or sibling.’ — [www.winstonswish.org](http://www.winstonswish.org/) tel: [01242 515157](tel:01242515157)
* NSPCC—'Everything we do protects children today and prevents abuse tomorrow, to transform society for every childhood.’

[www.nspcc.org.uk](http://www.nspcc.org.uk/) Childline 0800 1111

* Barnardo’s—'We protect, support and nurture the UK's most vulnerable children’ [www.barnardos.org.uk](http://www.barnardos.org.uk/)

[Children with a parent in prison | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/what-we-do/helping-families/children-with-a-parent-in-prison)

‘We help children through the trauma of sexual abuse and exploitation.

We provide support for young people in care – and we don’t forget about them when they leave the care system.

We give children caring for a loved one the help and support they deserve.

And that’s not all. Our specialist workers support families through domestic abuse, mental health problems, prison sentences, asylum seeking and much more.’