

Support and Advice for Grief and Bereavement



Penhaligan's Friends

Telephone: 01209 210624

<https://penhaligonsfriends.org.uk>

Penhaligan's Friends is a Cornish organisation which is there to support children and young people who have experienced the death of someone special who was close to them.

Remember Me Always Handbook:

<http://tinyurl.com/339eef35>



Winston's Wish

Help & Support Line: 08088 020 021

<https://www.winstonswish.org>

A useful website offering practical ideas for helping those bereaved in the family and school community. Here you will find a link to **Talkgrief.org**.

Talk Grief is a dedicated online space for grieving teenagers and young adults (13 to 25), to support young people to find healthy ways to cope and feel less alone.



Young Minds

Visit: <https://www.youngminds.org.uk/young-person/my-feelings/grief-and-loss>

Young Minds is a UK charity supporting young people with tools to look after their mental health. The charity has a information section about grief and loss, with support and advice available to children and young people.



Cornwall Bereavement Network

Visit: <https://www.cornwallbereavementnetwork.org>

Cornwall Bereavement Network is a website for our bereaved community in Cornwall to find relevant services that may be helpful for them.