



# ABOUT WINSTON'S WISH

Winston's Wish is a national charity supporting children, young people and their families after the death of someone important. We can't change what has happened, but we can help children understand their emotions and provide a safe place for them to grieve. Over time, we help them to make sense of what's happened and learn to live with their loss.

Winston's Wish offers a wide range of practical support and guidance to bereaved children, their families and professionals via a Freephone Helpline, online support, a crisis messenger text service, individual and group support, publications and training.

Winston's Wish supports all children (including pre-school age) and young people up to the age of 25 when someone is seriously ill or when grieving for someone important to them. We are a specialist provider of support for children bereaved through suicide and for children with special educational needs or disabilities.



**WINSTON'S  
WISH** **WW**

Giving hope to grieving children

# OUR SERVICES

## WEBSITES

You will find a wealth of information and help on our websites, including support and advice following specific types of death, free training for professionals and further information about our services.

**winstonswish.org** and **help2makesense.org**

## FREEPHONE HELPLINE

Immediate support and advice for parents, carers and professionals, as well as access to our more in-depth, ongoing services.

**08088 020 021**

Monday – Friday, 8am – 8pm. *Please visit the website for current opening hours.*

## EMAIL SUPPORT

Anyone can email us seeking advice or to ask a question on **ask@winstonswish.org** and we will get back to you within 48 hours.

## ONLINE CHAT

Anonymous online one-to-one bereavement support for children, young people, and those who care for them.

## INDIVIDUAL AND GROUP SUPPORT

Our Bereavement Support Practitioners provide bespoke individual and family support, as well as opportunities to connect with other parents and children who have faced similar experiences.

## CRISIS MESSENGER

Free and confidential support in a crisis 24 hours a day. Text **WW** to **85258**

## GRIEF SUPPORT GROUPS

Informal peer support groups for both young people aged 7-25 and for parents and carers. All overseen by Bereavement Support Practitioners.

*Please visit the website for more information.*

## PUBLICATIONS & RESOURCES

A range of specialist publications and other helpful resources for professionals, children and parents are available at **shop.winstonswish.org**

## TRAINING

Bereavement training and consultancy for professionals to help ensure that children under their care get the support they need.  
**winstonswish.org/training**

**Helpline: 08088 020 021**  
**winstonswish.org**

