



Bereavement Resources

Child Bereavement UK: <https://www.childbereavementuk.org/>

Cruse Bereavement Support: <https://www.cruse.org.uk/>

Hope Again: <https://www.hopeagain.org.uk/>

Winston's Wish: <https://www.winstonswish.org/>

Help 2 Make Sense: <https://help2makesense.org/>

At a Loss: <https://www.ataloss.org/>

Survivors of Bereavement by Suicide: <https://uksobs.org/>

The Good Grief Trust: <https://www.thegoodgrieftrust.org/>

Widowed and Young: <https://www.widowedandyoung.org.uk/>

Other Mental Health and Emotional Wellbeing Resources

Childline: <https://www.childline.org.uk/>

Young Minds: <https://www.youngminds.org.uk/>

Anna Freud: <https://www.annafreud.org/on-my-mind/self-care/>

Greater Manchester Bereavement Support Directory

<https://greater-manchester-bereavement-service.org.uk/>

NHS Bereavement Helpline: 0800 2600 400

Once Upon A Smile: <https://www.onceuponasmile.org.uk/>

Shining a Light on Suicide: <https://shiningalightonsuicide.org.uk/>

Papyrus: Prevention of Young Suicide: <https://www.papyrus-uk.org/>

Local Mental Health and Emotional Wellbeing Services

Kooth: <https://www.kooth.com/>

42nd Street: <https://www.42ndstreet.org.uk/>

Manchester Mind: <https://www.manchestermind.org/>

M-Thrive (Manchester's Emotional Wellbeing Offer: <https://m-thrive.org/>)

- M-Thrive North Hub @ Manchester Youth Zone

Phone: 0161 203 3189

Email: mthrive@mft.nhs.uk

- M-Thrive Central Hub @ Kath Locke Centre

Phone: 0161 455 0211 Ext 811

Email: mthrive.central@mft.nhs.uk

- M-Thrive South Hub @ Lifestyle Centre

Phone: 0161 436 0575

Email: mthrive.south@mft.nhs.uk

Early Help (Manchester City Council: <https://www.manchester.gov.uk/>)

- Early Help Hub – North

Phone: 0161 234 1973

Email: earlyhelpnorth@manchester.gov.uk

- Early Help Hub – Central

Phone: 0161 234 1975

Email: earlyhelpcentral@manchester.gov.uk

- Early Help Hub – South

Phone: 0161 234 1977

Email: earlyhelpsouth@manchester.gov.uk