

Information, advice and guidance when someone close to you has died:

Hope Again

A website designed by young people for young people. It is safe place where young people facing grief can share their stories.

You can send a private email to a trained volunteer: hopeagain@cruse.org.uk

You can call the helpline on 0808 808 1677 (Mon-Fri 9.30 am – 5.00 pm).

Child Bereavement UK

If you need to talk to someone you can email

support@childbereavementuk.org or you can call 0800 02 888 40. Your call

will be confidential.

Grief Encounter

<https://www.griefencounter.org.uk/young-people/>

The website has a grief guide for teenagers and top tips. You can phone on 020 8371 8455 or drop them an email on

support@griefencounter.org.uk

They also offer a new e-counselling service. If you are interested in this type of support, please email ecounselling@griefencounter.org.uk for an initial form to fill in.

Childline

Young people can talk to Childline about anything, on the phone or online. It is confidential. You can call free on 0800 1111. You will be asked if you would like to speak to a counsellor; 1-2-1online counsellor chat is open 24/7. Check out their website for ways to get in touch: www.childline.org.uk

SOLAR – Crisis Support Team

<http://www.bsmhft.nhs.uk/our-services/solar-youth-services/i-need-help-now/>

The Solar crisis service are contactable via 0121 301 2750 (Monday-Friday, 9am-5pm)

Out of hours the crisis team are available (weekdays 5pm-8pm, weekends 8am-8pm) via Northcroft switchboard 0121 301 5500 - please ask for the Solar Crisis Team.



Are you aged 11 – 16?
Are you feeling stressed or worried?
Then drop-in to

FIVEWAY CAFÉ

Connect with someone and find new ways of supporting your wellbeing

Wednesdays 6-8pm (First Group 03rd May 2017)

Three Trees Community Centre, Hedingham Grove Solihull B37 7PT

Available buses No 966



Engage Solihull

☎ 0121 709 7000 ✉ engage@solihull.gov.uk

'Early Help is everyone's business'

