



Useful websites

Bereavement

Child Bereavement UK	www.childbereavementuk.org
Hope Again (part of Cruse)	http://hopeagain.org.uk/
Winston's Wish	https://winstonswish.org
Kilbryde Hospice	www.kilbrydehospice.org.uk
Richmond's Hope	www.richmondshope.org.uk
The Haven	https://www.thehavencentre.com

Bullying

Respect me	http://respectme.org.uk/adults/bullying-a-guide-for-parents-and-carers/
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Family break-up/parental separation

Relate	www.relate.org.uk
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Domestic violence

The Hideout	www.thehideout.org.uk
Women's Aid	South Lanarkshire's Partnership on Gender-Based Violence - South Lanarkshire Council

Road traffic accidents

BRAKE

<http://www.brake.org.uk/victim-support/your-memories>

Suicide

Choose Life

www.chooselife.net

Traumatic bereavement

Childline

www.childline.org.uk

Samaritans

www.samaritans.org.uk

The Scottish Childhood
Bereavement Network

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/for-young-people.aspx>

Imprisonment

Families Outside

<http://www.familiesoutside.org.uk>

Alcohol and Anger

Alcohol Rehab Help

<https://alcoholrehabhelp.org/addiction/effects/anger/>