

Support available for Students and Families

Support specific to bereavement:

- Wiston's Wish- [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](http://winstonswish.org)
- Talk Grief- [Home \(talkgrief.org\)](http://talkgrief.org)
- Young Minds- YoungMinds | Mental Health Charity For Children And Young People | YoungMinds
- Child Bereavement UK- Child Bereavement UK
- The Mix- Speak To Our Team | Support For Mental Health & Other Issues | The Mix
- Samaritans- Samaritans | Every life lost to suicide is a tragedy | Here to listen

Support relating to Mental Health:

Young people, or someone worried about them, can find advice and support about their mental health and wellbeing as follows:

- Text SUSSEX to 85258 for a free, confidential conversation with a trained volunteer
- Tel: Sussex Mental Health Helpline 0800 0309 500 24 hours
- I-rock, (aged14+ for virtual or face to face support) <https://www.irocksussex.com/>
- Mental health resources for young people: <https://www.sussexpartnership.nhs.uk/your-mental-health/children-young-peoples-mental-health-camhs>