

We have included below some links to external resources and agencies who may also be able to offer further support.

### **Cruse**

Helpline: 0808 808 1677 / Young persons helpline: 0808 808 1677

### **The Samaritans**

Helpline: 116 123

Website: [www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Death of a child**

#### **The Compassionate Friends**

Helpline: 0845 123 2304

Website: [www.tcf.org.uk](http://www.tcf.org.uk)

#### **The Child Death Helpline**

Helpline: 0800 282 986

Website: [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

#### **The Foundation for the Study of Infant Deaths**

Helpline: 0808 802 6868

Website: [www.fsid.org.uk](http://www.fsid.org.uk)

### **Suicide**

#### **Mental Health Foundation**

Phone: 020 7803 1100

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### **Mind**

Phone: 0300 123 3393

Website: [www.mind.org.uk](http://www.mind.org.uk)