

Young Adult Emotional Bereavement Support

GP

Speak to own GP or call NHS 111

Cruse

Cruse Bereavement Care Cornwall

Support for Young People - www.hopeagain.org.uk

Penhaligon's Friends

Support for children, young people and their families

Helpline 01209 210624 / 215889

Mon – Friday 9am – 5pm

Email: enquiries@penhaligonsfriends.org.uk

Facebook messenger/ Zoom support

www.penhaligonsfriends.org.uk advice & guidance available on website

WAY Widowed & Young

Join online

If you've lost your partner before your 51st birthday and live in the UK – whether you were married or not, with or without children, whatever your sexual orientation, race or religion – you are welcome to join us.

Joining up to WAY takes just minutes via online and costs just £25 a year, which can be paid either by direct debit or PayPal.

Although our face-to-face meet ups are on hold for now, we have an incredibly **active online community** through our members' only website and Facebook groups – we are already seeing people banding together, reassuring each other and finding ways to connect to each other during this challenging time by organising virtual meet ups through Zoom and other online apps.

There are always other members ready to listen, offer support and help lift each other's spirits. If you've been widowed at a young age too, reach out to us for support if you're struggling.

And if you're struggling financially, WAY also offers support through our Memorial Fund to help people join WAY and take part in our activities

Other places that may be considered depending on circumstances.

Police

Funeral Directors

Charlies Star – holidays/breaks (not relevant at present ?)

Youngminds – www.youngminds.org.uk Parent Helpline: 0808 802 5544

Grief Encounter – online chat www.griefencounter.org