

BEREAVEMENT SUPPORT

South Ayrshire

- Blether boxes
- Cognitive Behavioural Therapy (CBT)
- Seasons for Growth
- Ayrshire Hospice
- Barnardos
- School Counsellors
- Eye Movement Desensitization & Reprocessing (EMDR)
- Bereavement support program
- Ayrshire Cancer Support
- Beautiful Inside and Out
- Penumbra Suicide Bereavement Support
- Should Crisis Call
- Suicide Bereavement Support Service



Digital Services

- www.togetherall.com
- www.giveusashout.org
- www.winstonswish.org
- www.childbereavementuk.org

National Services

- Marie Curie
- Papyrus
- Cruse Scotland



How to access local bereavement supports

Blether boxes

Primary schools can make a request for a blether box by contacting

stephanie.mcnicol@south-ayrshire.gov.uk

Cognitive Behavioural Therapy (CBT)

CBT can be accessed by all children & young people through the educational psychology service - speak to your link EP for more info.

Seasons for Growth

This support is available in select schools & accessed through the school.

Ayrshire Hospice

Counselling & bereavement support for family members (including children/young people) of someone with a life-limiting illnesses can be accessed by calling 01292 269200 - see this [link](#) for more.

Barnardos

Barnardos support is accessed via the school, & support varies between establishments.

School Counselling

This support is available to all children and young people age 10+ & is accessed through the secondary school.

Suicide Bereavement Support

Access information [here](#)

Eye Movement Desensitization & Reprocessing (EMDR)

EMDR can be accessed by all developmentally appropriate children & young people through the educational psychology service - speak to your link EP for more info.

Bereavement support program

The bereavement support programme can be accessed by all children through the link EP.

Ayrshire Cancer Support

Anyone age 5-25 who's affected by a cancer diagnosis of themselves or another can access counselling support at 01563 538008 or cyp@ayrshirecs.org

Beautiful Inside and Out

Information about this charity, which supports parents/carers & siblings bereaved by suicide, can be accessed at this [link](#).

Penumbra Suicide

Bereavement Support

Individuals who have been bereaved due to suicide can self-refer to suicidebereavementsupport@nhs.scot

Should Crisis Call

This document can be accessed via the CORE & is available to all schools.

Links to National Services

- Marie Curie Bereavement Support Service can be accessed at this [link](#).
- Papyrus support can be accessed at this [link](#) or by calling 0800 0638 41 41.
- Cruse Scotland support can be accessed at this [link](#) or by calling 0808 802 6161.