



## Bereavement Support

If you and your family need any support following a bereavement, or an illness in your family, the following organisations can offer you support:

**Janet Williams** works as our Ralph Allen School counsellor. Please email her directly if you would like some support and explain you are a pupil/parent of Ralph Allen School.

*Altair*  
COUNSELLING SERVICES  
— Janet Williams —

p 07731 548914  
e [janet@altaircounselling.com](mailto:janet@altaircounselling.com)  
w [altaircounselling.com](http://altaircounselling.com)

**Off the Record:** Off the Record provides a range of FREE, CONFIDENTIAL and INDEPENDENT services for children and young people. This organisation will continue to provide phone or virtual support for pupils during this time.

**01225 312481**

<https://www.offtherecord-banes.co.uk/contact>



Contact Us — Off The Record Bath and North East Somerset

What happens next... We receive the referral form you have just filled in on our website. Everyone who fills in our referral form will be offered a Listening Support

[www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk)



*Somewhere to turn when someone dies*

Grief is a natural process, but it can be devastating. For those who need help, Cruse offers free confidential support for adults and children, and this can be by telephone, email or face-to-face.

### Helpline

Cruse Bereavement Care is here to support you after the death of someone close. If someone you know has died and you need to talk, **call us freephone on 0808 808 1677.**

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday

<http://www.cruse.org.uk/bereavement-services>

## Winston's Wish

the charity for bereaved children

Winston's Wish is a charity that understands the impact of bereavement at a young age and has developed a range of practical support and guidance on bereavement to children, their families and professionals via a national helpline and publications for all ages. Winston's Wish offer specialist support programmes for children affected by deaths related to murder, manslaughter, suicide or the military community.

We believe in a society where every bereaved child has access to support as and when they need it.

Free Phone Helpline 08088 020021  
[winstonswish.org.uk](http://winstonswish.org.uk)