

Counselling

British Association for Counselling and Psychotherapy (BACP)

Tel **0145 588 3300**

www.bacp.co.uk

The professional association for members of the counselling professions in the UK. Has an online therapist directory where you can search for a counsellor or psychotherapist by location, service or specialism.

Support for young people

Hope Support Services

Tel **0198 956 6317**

www.hopesupport.org.uk

Supports young people aged 5 to 25 when a loved one has a serious illness, including cancer. Provides a monitored Facebook group and online 1 to 1 support sessions.

Young Minds

www.youngminds.org.uk

A national charity supporting children's and young people's mental health.

Youth Access

Tel **0208 772 9900**

www.youthaccess.org.uk

A UK-wide organisation providing counselling and information for young people.

This booklet is about preparing a child for loss. It is for parents or guardians who are near the end of life. It aims to help you prepare and talk to a child or children about your death. Partners, grandparents, and close family members may find it useful too.

This booklet is written with the childhood bereavement charity Winston's Wish. It is a practical guide to help you have some of the hardest discussions you will ever have. We include details of people and organisations who can support you as you prepare to talk to your children.

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will help you live life as fully as you can.

For information, support or just someone to talk to, call **0808 808 00 00** or visit [macmillan.org.uk](https://www.macmillan.org.uk)

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, interactive PDFs, easy read, Braille, large print and translations.

To order these, visit [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats) or call our support line.

Trusted
Information
Creator



Patient Information Forum