Introduction to Brake’s work supporting suddenly bereaved children and young people

Ellie Pearson
Professional engagement manager
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Sudden death is devastating

It tears apart families, leaving children without a mum, dad or sibling, parents without a child, or individuals without a partner. There is no time to prepare or say goodbye. Life is changed forever.

What we do...

We understand that people bereaved by sudden death suffer terribly - whether it's through a road crash, suicide, disaster, war, accident, or undiagnosed medical reasons. They are often left isolated, bewildered and traumatised and need specialist support to help them cope and move forwards with their lives.

Sudden is a global charitable initiative sharing best practice, research and resources among professionals and carers who work with suddenly bereaved people. Through this, we aim to help ease the suffering of people bereaved by any kind of sudden death.

We do this by offering:

- free quarterly bulletins for professionals
- online guidance and research papers

Join Sudden

Sudden helps professionals support people bereaved by sudden death.

Join our free mailing list for global research, news, events and updates.

Events

Seminars and training for professionals working with people bereaved by sudden death. Join our free mailing list for updates.

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• Helps understand emotions and feelings
• Provides straightforward advice on how to cope and who can help
• Funded by Mazars Charitable Trust
• Order from www.brake.org.uk

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Brake support for road crash victims

Online – info, guidance and support literature at www.brake.org.uk, click on victim help

Helpline – 0845 603 8570 (10am-4pm weekdays) or helpline@brake.org.uk
Other sources of support and info:

- Child Bereavement UK
- Childhood Bereavement Network
- Grief Encounter
- hopeagain.org.uk (Cruse)
- Rainbows GB
- Winston’s Wish
- SAMM (murder and manslaughter)
- Victim Support’s Homicide Service
- Survivors of Bereavement by Suicide
- Local and regional child bereavement services
Thank you