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

Gillian McMahon
helpline officer

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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/shop
Brake support for road crash victims

**Online** – info, guidance and support literature at [www.brake.org.uk](http://www.brake.org.uk), click on victim help

**Helpline** – 0845 603 8570 (10am-4pm weekdays) or [helpline@brake.org.uk](mailto:helpline@brake.org.uk)

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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
Cheryl’s story