



# Support for Professionals

Support for those affected by sudden death in young people



## Support for Professionals

*“For a long time the perception has been that emergency services are somehow different, somehow invincible, and they shouldn’t experience mental health problems — that they should be stronger than that. And that’s total rubbish. We are human beings, and we have mental health problems the same as everyone else.”*

— MIND, Blue Light programme

It may be assumed that because your job role encounters death, then it won’t affect you and that you are ‘used to it’. However, we know this isn’t necessarily the case — it could be immediate, or it may take days, weeks, months, or years, but the feelings of grief or trauma may catch up with you.

2wish was established in 2012 to provide bereavement support for anyone affected by the sudden death of a child or young person aged 25 years and under, no matter how long ago the death happened.

The support 2wish offers to professionals is free and confidential and is tailored to your personal circumstances and experience. We work with you to ensure the support you need fits around your work commitments and daily life and is available when you are ready.

You can’t pour from an empty cup. Remember to take care of yourself too. Please call the support team on **01443 853125** (option 1) or email [support@2wish.org.uk](mailto:support@2wish.org.uk) for more information.



Scan here to  
visit our website

## What can we do to help?

### Debrief Sessions

Following the sudden and unexpected death of a child or young person, you may feel it necessary to hold a ‘debrief’ session for staff. Debrief sessions offer emotional support and a safe space for you to share your experiences if you wish. They also promote staff wellbeing and raise awareness of the additional support available through 2wish.

### Immediate Support

We provide immediate support following the sudden and unexpected death of a child or young person aged 25 years and under. You can contact us directly at any time or be referred by a friend, relative or colleague. Our support is completely confidential and independent of your employer. Once you have been referred to 2wish, you will be contacted by one of our Immediate Support Coordinators within 48 hours, who can provide emotional and practical support. This can be done face to face, via telephone or online. We will be guided by you and your individual needs, circumstances and time scales.





## Ongoing Support

### Counselling

Counselling doesn't aim to hurry the process along; it supports people as they grieve, in their own way and in their own time. 2wish provide 1:1 counselling with a local, qualified BACP registered counsellor, which can be accessed face to face, via telephone or virtually. You can access this service as an individual or as a group. Counselling is arranged to fit in with your lifestyle and work commitments.

### Complementary therapy

2wish offer free complementary therapy, which can be undertaken solely or combined with counselling. Complementary therapy is known to promote wellbeing. With this in mind, 2wish offers reflexology and aromatherapy massage, both of which are proven to have calming, soothing and rebalancing benefits and are effective when treating stress, anxiety, and insomnia, which are normal responses to grief and trauma.



### 2wish Respite Cottage

Ty Uchaf is a beautiful respite cottage situated just south of Caernarfon in North Wales. Situated less than 30m from the beach, the cottage is available for professionals and their families to have quality time away to rest, reflect or reconnect. It can be assumed that because a professional encounters death as part of their role, they are 'used to it'; however, we know this is not the case and being able to take time out is invaluable. Guests can choose to engage in local attractions, or simply appreciate the natural beauty of their surroundings, spending quality time with loved ones, or much-needed time alone.

### Awareness Training

2wish offers awareness training to professionals across Wales. This covers the 2wish story, the referral process, and an in-depth look at the support services 2wish offers. We aim to provide staff with knowledge around our pathway and confidence when referring families affected by a sudden death for support. We also encourage professionals to seek support for themselves if they need it.

If you are interested in Awareness Training, please do not hesitate to get in touch on [support@2wish.org.uk](mailto:support@2wish.org.uk).







2wish

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