



# RD4U

[www.rd4u.org.uk](http://www.rd4u.org.uk)

RD4U is a website designed for children and young people by young people, as part of Cruse Bereavement Care's Youth Involvement Project to support people after the death of someone close.

RD4U means the 'road for you' - the main aim of the site is to let you find your own 'road' to dealing with your loss. This website is updated each working day with new messages and replies.

## email and helpline

If someone you know has died why not go online and share your thoughts, or send a private message to one of our trained volunteers who will reply to you by email.

Or, if you want to talk to someone direct, call our FREE phone helpline on 0808 808 1677 Monday - Friday, 9:30 am - 5:00 pm

