

Here’s a few links that you may find helpful in continuing the conversation around this theme:

Online articles

<https://www.beheadstrong.uk/info/blurgh-days>

<https://www.beheadstrong.uk/stories/dumped-and-devastated>

https://www.beheadstrong.uk/stories/shoplifting-and-grace

https://www.beheadstrong.uk/stories/plans-fall-apart

Helpful organisations

[https://www.ataloss.org](https://www.ataloss.org/%22%20%5Ct%20%22_blank)

<https://www.tastelifeuk.org>