

YOUR HEALTH

BEREAVEMENT HELPLINE AND RESOURCES



General Bereavement Support

MIND

Provides information on bereavement, where to go for support, and suggestions for helping yourself and others through grief.

Helpline: 0800 1111

www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/

Cruse Bereavement Care

Offers telephone, email, face-to-face or group support. They also offer specialist bereavement support for substance-related deaths, suicide and young people.

Helpline: 0808 808 1677

www.cruse.org.uk

Bereavement Advice Centre

Offers a free helpline and web-based information services giving practical information, advice and signposting.

www.bereavementadvice.org

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NHS

Offer guidance and support on identifying and coping with bereavement.

www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/

Support for children and young people

Child Bereavement Network

Is a members network for those working with bereaved children, young people and their families across the UK.

www.childhoodbereavementnetwork.org.uk

Grief Encounter: supporting bereaved children

Supports bereaved children and their families. They have a freephone helpline and online chat. Helpline: 0808 802 0111 Monday to Friday, 9am – 9pm

griefftalk@griefencounter.org.uk / www.griefencounter.org.uk

Talk Grief

Is a website for young people, sharing advice and real life stories from other young people who have suffered a loss, sharing tips on how they managed.

Helpline: 0800 1111 (24 hours) / www.talkgrief.org

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Hope Again (young people living after loss)

Is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief and feel less alone.

Helpline: 0808 808 1677

hopeagain@cruse.org.uk / www.hopeagain.org.uk

Childline

Offers free, confidential support to children and young people coping with bereavement, helping them process grief and find ways to remember loved ones.

Helpline: 0800 1111 (24 hours) www.childline.org.uk

Child Bereavement UK

Support grieving children and young people, and parents who have lost a baby or child, to find hope and rebuild their lives.

Helpline: 0800 02 888 40

helpline@childbereavementuk.org / www.childbereavementuk.org

Losing a baby or child

The Compassionate Friends

Support families when a child dies. They have a helpline, an online forum, retreats and services especially for bereaved siblings.

Helpline: 0345 123 2304

helpline@tcf.org.uk / www.tcf.org.uk

BEREAVEMENT HELPLINE AND RESOURCES

SANDS

Stillbirth and neonatal death charity supports anyone affected by the death of a baby before, during or shortly after birth, including parents, grandparents, siblings, children, families, friends and health professionals. Helpline: 0808 164 3332
helpline@sands.org.uk / www.sands.org.uk

Suicide

Papyrus – Prevention of Young Suicide

Helpline: 0800 068 4141
Text: 07860 039 967
pat@papyrus-uk.org
www.papyrus-uk.org/papyrus-hopelineuk

Alzheimers

Alzheimers Society

When you are close to a person with dementia, you may both go through feelings of grief and loss. Alzheimers Society supports people with grief, loss and bereavement.

Helpline: 0333 150 3456
www.alzheimers.org.uk



You can also access our bereavement resources online by scanning the QR code: