

## Information and Support: Bereavement & end of life care

If you, or someone you know, have been affected by bereavement, child bereavement or end of life care, the following organisations may be able to help.

### **Cruse Bereavement Care**

**Cruse Bereavement Care** provides support after the death of someone close including face to face, telephone, group support, as well as bereavement support for children.

**Phone: 0808 808 1677** (England, Wales, and Northern Ireland)

**Phone: 0808 802 6161** (Scotland)

<http://www.cruse.org.uk>

<https://www.crusescotland.org.uk/> (Cruse Scotland)

### **Hopeagain**

**Hopeagain** (Cruse for young people) - support for children and young people affected by the death of someone close.

**Phone: 0808 808 1677** (Mon-Fri, 9:00am-5:00pm)

<http://www.hopeagain.org.uk>

### **Survivors of Bereavement by Suicide**

**Survivors of Bereavement by Suicide** exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

**Phone: 0300 111 5065** (9am to 9pm daily)

<https://uksobs.org>

### **Suicide&Co**

**Suicide&Co** provides support to bereaved individuals and opens the conversation around suicide-related grief.

**Phone: 0800 054 8400** (Monday to Friday 9am-5pm).

<https://www.suicideandco.org/>

## Child Bereavement

If you, or someone you know, have been affected by child bereavement, the following organisations may be able to help.

### **Child Bereavement UK**

**Child Bereavement UK** supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

**Phone: 0800 02 888 40** (Monday to Friday 9am-5pm - except bank holidays)

<http://www.childbereavementuk.org>

### **Child Death Helpline**

**The Child Death Helpline** offers support to anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago.

**Phone: 0800 282 986** (Mon-Fri 10am-1pm – Mon-Sun 7pm-10pm)

<http://www.childdeathhelpline.org.uk>

### **Compassionate Friends**

**Compassionate Friends** offer support, understanding and comfort to bereaved siblings and parents after the death of a child, of any age, from any cause.

**Phone: 0845 123 0345** (daily 10am-4pm and 7pm-10pm)

**Northern Ireland: 028 8778 8016** (daily 10am-4pm and 7pm-9.30pm)

<http://www.tcf.org.uk>

## Grief Encounter

**Grief Encounter** provides child bereavement counselling, workbooks, a Grief Relief Kit and family days for bereaved children, young people, and their families.

**Phone: 0808 802 0111** (Mon-Fri 9am-9pm)

**Email:** [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

<http://www.griefencounter.org.uk>

## Winston's Wish

**Winston's Wish** provides services to bereaved children, young people and their families and offer practical support and guidance to anyone concerned about a grieving child.

**Phone: 08088 020 021**

<http://www.winstonswish.org.uk>

## End of life care

If you, or someone you know, needs support caring for a person with a life-limiting condition, the following organisations may be able to help.

### Marie Curie

**Marie Curie** provides confidential support and practical information on all aspects of terminal illness

**Phone: 0800 090 2309** (Mon-Fri 8am - 6pm and Sat 11am - 5pm)

<http://www.mariecurie.org.uk/>

### Hope

**Hope** supports young people aged between 5 and 25 across the UK when a close family member is diagnosed with a life-threatening illness.

<http://www.hopesupport.org.uk/>

### Information from the NHS on Grief after bereavement or loss

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss>

### At a Loss

**AtaLoss.org** provides a searchable directory of services from around the UK, an online chat facility and a library of resources and information for the bereaved.

<https://www.ataloss.org>

### Dying Matters

**Dying Matters** offers information on end of life and bereavement, including writing a will, funeral plans, and end of life care.

<http://dyingmatters.org/>

### The Good Grief Trust

**The Good Grief Trust** provides information for the bereaved and a searchable directory of services, plus **virtual cafes** where people can meet with others who may have been through a similar bereavement. <https://www.thegoodgrieftrust.org>

**Virtual Cafes:**

<https://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/pop-up-good-grief-cafes/>