

FIND HELP IN YOUR AREA

# Bereavement Support

Have you lost a loved one?

Do you sometimes feel lonely?

Would it help to talk to someone about your loss?

This booklet shares local and national services that may be able to help and support you during this difficult time

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# Local Support for Bereavement

## **Saint Francis Hospice Bereavement Support**

The bereavement support group meets at Saint Francis Hospice on the fourth Wednesday of each month from 7:30pm to 9:30pm. Whether newly bereaved or still dealing with the loss of a loved one after several months, all are welcome.

01708 753 319  
[www.sfh.org.uk/family-support](http://www.sfh.org.uk/family-support)

## **IAPT - Talking Therapies**

Whether your issues are caused by problems you face every day or by events that have happened in your past - Talking Therapies can help. Talking Therapies is a free and confidential NHS service that will work with you to help you feel better.

0300 300 1554  
[www.talkingtherapies.nelft.nhs.uk](http://www.talkingtherapies.nelft.nhs.uk)

## **Hope Counselling (West & Co)**

This six-week programme formed by West & Coe is based in the borough and offered at no cost to those attending and is designed to help support the bereaved, showing them that there is hope for the future.

0208 5920 164  
[www.westandcoe.com/arranging-a-funeral/hope](http://www.westandcoe.com/arranging-a-funeral/hope)

## **Harman House Counselling**

Provide counselling for a range of needs from anxiety to bereavement

020 8597 7686  
[www.harmanhouse.org.uk](http://www.harmanhouse.org.uk)

## **Muslim Bereavement Support Services (MBSS)**

Offer face-to-face and telephone support for bereaved women of the Muslim community. Can be contacted by phone, email and letter. Based in Ilford.

020 3468 7333  
[www.mbss.org.uk](http://www.mbss.org.uk)

## **The Hive Women's Centre**

An opportunity for all women to come and share their grief, experiences and thoughts. Free support group on every first Sunday of the month from 12pm - 2pm.

07985 477277  
[www.barkingmosque.org.uk/bereavement-support](http://www.barkingmosque.org.uk/bereavement-support)

## **Jewish Bereavement Support Services**

Face-to-face bereavement counselling for people of the Jewish community. Also runs bereavement support groups.

020 8951 3881  
[www.jbcs.org.uk](http://www.jbcs.org.uk)

# National Support for Bereavement

## At A Loss

Provide a signposting website for the bereaved and those supporting them to information and services appropriate to their loss.

[www.ataloss.org](http://www.ataloss.org)

## Bereavement Support Payment

You may be able to get Bereavement Support Payment (BSP) if your husband, wife or civil partner died in the last 21 months.

0800 731 0469  
[www.gov.uk/bereavement-support-payment](http://www.gov.uk/bereavement-support-payment)

## Cruse

Trained bereavement volunteers offer support to adults and children across the UK. Our local services provide free and confidential phone and face to face support to bereaved people.

0808 808 1677  
[www.cruse.org.uk](http://www.cruse.org.uk)

## Down to Earth Funeral Support

Offer free and confidential advice if you are on low income or benefits and are struggling with the cost of organising a funeral which is yet to happen.

020 8983 5055  
[www.quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth](http://www.quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth)

## Dying Matters

Hospice UK's Dying Matters campaign provides online information and support on all issues relating to death, dying and grief.

08000 21 44 66  
[www.dyingmatters.org](http://www.dyingmatters.org)

## Good Grief Trust

Everyone at The Good Grief Trust have lost someone they love, so they want to help you find the support you need as quickly as possible.

0800 2600 400  
[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

## Grief Encounter

Support bereaved children and their families to help alleviate the pain caused by the death of someone close.

0808 802 0111  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

## Hospice UK

Provide a counselling and Trauma Helpline and have a network of specially trained staff and counsellors with bereavement, trauma and emotional support experience, to provide the support you need.

0300 030 4434  
[www.hospiceuk.org/what-we-offer/our-frontline](http://www.hospiceuk.org/what-we-offer/our-frontline)

## London Friend

Offers counselling for the bereaved in the LGBTI+ community. Some concessionary rates available of people on low income. The initial assessment is free.

020 7833 1674  
[www.londonfriend.org.uk](http://www.londonfriend.org.uk)

# National Support for Bereavement

## Marie Curie

Unique support group offering a combination of education and interaction, in a safe and friendly environment, where we will explore the grief process to help us cope with the adjustments to life in the future.

0800 090 2309  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

## National Bereavement Support

Offer support, signposting and legal guidance following a bereavement, as well as offering guidance to anyone planning ahead in anticipation of their own death.

0800 0246 121  
[www.thenbs.org](http://www.thenbs.org)

## SCARD

As well as offering support during difficult times, SCARD can also help you remember your loved ones, assist with any legal questions and cope with moving on.

0345 123 5542  
[www.scard.org.uk](http://www.scard.org.uk)

## Support after Murder and Manslaughter (SAMM)

Supporting families bereaved by Murder and Manslaughter.

01214 722 912  
[www.samm.org.uk](http://www.samm.org.uk)

## Support After Suicide

Website with general information and a list of organisations that can help support people who are bereaved or affected by suicide.

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

## Support Line

Support Line provides a confidential telephone helpline offering emotional support to any individual on any issue. It is particularly aimed at those who are socially isolated and vulnerable.

01708 765 200  
[www.supportline.org.uk/problems/bereavement](http://www.supportline.org.uk/problems/bereavement)

## Survivors of Bereavement by Suicide (SOBS)

National support organisation with local support groups. The helpline is also staffed by trained volunteers who themselves have been bereaved by suicide.

0300 111 5065  
[www.uksobs.org](http://www.uksobs.org)

## The Loss Foundation

The Loss Foundation is the only UK charity dedicated solely to providing bereavement support following the loss of a loved one to cancer, whether that be spouses, family members, friends or colleagues. We also offer specific Covid-19 loss support.

0300 200 4112  
[www.thelossfoundation.org](http://www.thelossfoundation.org)

## WAY Widowed & Young

WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation.

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

# National Support for Parents and Children

## **A Child of Mine**

A Child Of Mine is here after the most unimaginable loss, after a baby or child has died. They are there to support families with emotional support, practical information and guidance. They also offer training and education to healthcare professionals from a parent's perspective.

01785 283 434  
[www.achildofmine.org.uk](http://www.achildofmine.org.uk)

## **Child Bereavement UK**

Help children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. They also provide training to professionals, equipping them to provide the best possible care to bereaved families.

0800 028 8840  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

## **Sands Stillbirth & Neonatal Death Charity**

The Helpline is for anyone who has been affected by the death of a baby and wants to talk to someone about their experience. They are there to listen and give support, and can advise you about where to find local help.

020 7436 7940  
[www.sands.org.uk](http://www.sands.org.uk)

## **Child Death Helpline**

A dedicated helpline that offers support to anyone affected by the death of a child of any age, under any circumstances however recent or long ago.

0800 282 986  
[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

## **Childline**

Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything whether it's something big or small, their trained counsellors are there to support you.

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

## **Compassionate Friends**

The Compassionate Friends is an organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause.

0345 123 2304  
[www.tcf.org.uk](http://www.tcf.org.uk)

## **Grief Encounter**

Support bereaved children and their families to help alleviate the pain caused by the death of someone close.

0808 802 0111  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

## **Hope Again**

Hope Again is the web based resource for young people experiencing bereavement from Cruse Bereavement Care.

0808 808 1677  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

## **Surviving the Loss of your World (SLOW)**

Support groups for those who have lost a child.

07532 423 674  
[www.slowgroup.co.uk](http://www.slowgroup.co.uk)

## **The Lullaby Trust**

Support for the whole family after the loss of a child.

0808 802 6868  
[www.lullabytrust.org.uk/bereavement-support](http://www.lullabytrust.org.uk/bereavement-support)

## **Winston's Wish**

Winston's Wish supports bereaved children, young people, their families, and the professionals who support them.

08088 020 021  
[www.winstonswish.org](http://www.winstonswish.org)