

# Useful Links to Bereavement Services, Help and Advice

## AGE UK

Offers support for older people dealing with life issues.

- Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)
- E mail: [contact@ageuk.org.uk](mailto:contact@ageuk.org.uk)
- Advice line: 0800 678 1602 (8:00am – 7:00pm every day of the year)

## THE ALDER CENTRE

Provides bereavement and grief counselling services; care and education advice for anyone affected by the death of a child.

- Website: <https://aldercentre.org.uk/>
- Email: [alder\\_centre@alderhey.nhs.uk](mailto:alder_centre@alderhey.nhs.uk)
- Call: 0151 252 5391 (9:00am – 5:00pm Monday to Thursday and 9:00am – 4:30pm Friday)

## AMPRO – Support following suicide

Part of Listening Ear: Offering emotional and practical support to anyone over the age of 16 affected by suicide.

- Website: [www.listeningear.co.uk/amparo/](http://www.listeningear.co.uk/amparo/)
- Email: [amparo.services@listening-ear.co.uk](mailto:amparo.services@listening-ear.co.uk)
- Call: 0330 088 925

## AT A LOSS

A website directing people who have been bereaved to information and support services appropriate to their loss.

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

## BEREAVEMENT ADVICE CENTRE

Offers practical advice and signposting on the issues facing people after the death of someone close.

- Website: [www.bereavementadvice.org](http://www.bereavementadvice.org)
- Call: 0800 634 9494 (9:00am – 5:00pm Monday to Friday)

## THE BEREAVEMENT TRUST

Offering information, advice and support at a time of sorrow.

- Website: [www.bereavement-trust.org.uk](http://www.bereavement-trust.org.uk)
- E mail: [info@bereavement-trust.org.uk](mailto:info@bereavement-trust.org.uk)
- Call: 0800 435 455 (6:00pm – 10:00pm every evening of the year)

## BEYOND LIFE

A website offering advice and guidance about funerals, wills and probate.

- Website: <https://beyond.life/>

## BRAKE

Offers support after a road death or serious injury.

- Website: [www.brake.org.uk](http://www.brake.org.uk)
- Email: [helpline@brake.org.uk](mailto:helpline@brake.org.uk)
- Helpline: 0808 8000 401 (10:00am – 4:00pm Monday to Friday)

## CARERS UK

Offers help, advice, information and practical support to people who are caring for someone close to them.

- Website: [www.careesuk.org](http://www.careesuk.org)
- Email: [advice@carersuk.org](mailto:advice@carersuk.org)
- Helpline: 0800 808 7777 (9:00am – 6:00pm Monday and Friday)

## CHILD BEREAVEMENT UK

Offers help for children and young people aged 25 years and under, their parents and families: to help rebuild their lives when a child or young person is grieving.

- Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)
- Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org) or [cheshiresupport@childbereavementuk.org](mailto:cheshiresupport@childbereavementuk.org)
- Helpline: 0800 02 888 40 or Call 01539 628 311 -The local office (9:00am – 5:00pm Monday to Friday)

## CHILD DEATH HELPLINE

Offers support for anyone affected by the death of a child of any age under any circumstances however recent or long ago.

- Website: [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)
- Helpline: 0800 282 986 or from a mobile phone: 0500 800 6013 ( 10:00am – 1:00pm Monday to Friday, 9:00am – 4:00pm Tuesday and Wednesday and 7:00pm – 10:00pm every evening)

## CHILDLINE

Offers support and advice for children and young people aged 18 years and under about any issues they are going through.

- Website: [www.childline.org.uk](http://www.childline.org.uk)
- Call: 0800 1111 (9:00am – midnight every day of the year)

## CITIZENS ADVICE BUREAU

Helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

- Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## THE COMPASSIONATE FRIENDS

Offers support, advice and information for bereaved parents, grandparents and siblings.

- Website: [www.tcf.org.uk](http://www.tcf.org.uk)
- Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)
- Helpline: 0345 123 2304 (10:00am – 4:00pm and 7:00pm – 10:00pm everyday)

## THE CORONERS' COURTS SUPPORT SERVICE

An independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court.

- Website: [www.coronerscourtsupportservice.org.uk](http://www.coronerscourtsupportservice.org.uk)
- Email: [helpline@ccss.org.uk](mailto:helpline@ccss.org.uk)
- **Helpline: 0300 111 2141** (9:00am – 7:00pm Monday to Friday and 9.00am – 2.00pm on a Saturday)

## CROSSROADS TOGETHER

Offers information and support for all unpaid carers of all ages and the people they are caring for.

- Website: [www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk)
- Email: [Merseyside@crossroadstogether.org.uk](mailto:Merseyside@crossroadstogether.org.uk)
- Call: 01513 150989 or 07730 099854 (out of hours)

## CRUSE BEREAVEMENT CARE

Promotes the well-being of bereaved adults and young people; offering support, advice and information.

- Website: [www.cruse.org.uk](http://www.cruse.org.uk)
- E mail: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)
- Helpline: 0808 808 1677 (9:30am – 5:00pm Monday to Friday and 9:30 am – 8:00pm on Tuesday, Wednesday and Thursday)

## DRUGFAM

Support for people who are bereaved through drug or alcohol misuse.

- Website: [www.drugfam.co.uk](http://www.drugfam.co.uk)
- Helpline: 0300 888 3853 (9:00am – 9:00pm every day of the week)

## GINGERBREAD

Offers support, advice and information for single parents on a wide range of issues.

- Website: [www.gingerbread.org.uk/information/bereavement/](http://www.gingerbread.org.uk/information/bereavement/)
- To Email please visit their website.
- Helpline: 0808 802 0923 (10:00am – 6:00pm on Monday, 10:00am – 4:00pm Tuesday, Thursday and Friday, 10:00am – 1:00pm and 5:00pm – 7:00pm on Wednesday)

## THE GOOD GRIEF TRUST

Run by the bereaved for the bereaved to offer advice, support and help to signpost people to the most appropriate bereavement support to meet their specific needs.

- Website: [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)
- Email: [hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)

## GRIEF TALK / GRIEF ENCOUNTER

Offers support, information and advice for adults, children and young people and a chat line to talk about their grief.

- Website: [www.griefencounter.org.uk/griefftalk/](http://www.griefencounter.org.uk/griefftalk/)
- Email: [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)
- Call: 0808 802 0111 (9:00am – 9:00pm Monday to Friday)

## HOPE AGAIN

A website designed for young people by young people. Part of Cruse Bereavement Care's Youth Involvement Project to support young people after the death of someone close.

- Website: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)
- E mail: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)
- Helpline:: 0808 808 1677 (9:30am – 5:00pm Monday to Friday)

## INQUEST

Offers advice to bereaved families facing an inquest.

- Website: [www.inquest.org.uk](http://www.inquest.org.uk)
- Call: 0207 263 1111 (Open Monday, Tuesday and Thursday)

## THE LISTENING EAR

Offers a range of counselling services following bereavement for adults, children and young people who live in or their GP is based in Knowsley.

- Website: [www.listening-ear.co.uk](http://www.listening-ear.co.uk)
- Email: [enquires@listening-ear.co.uk](mailto:enquires@listening-ear.co.uk)
- Referrals: [referrals@listening-ear.co.uk](mailto:referrals@listening-ear.co.uk)<https://listeng-ear.co.uk/>
- Call: 0151 488 6648 ( This is an answer phone service during the Covid19 pandemic)

## THE LULLABY TRUST

Offers support for bereaved families and promotes safe baby care advice.

- Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)
- E mail: [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)
- Call: 0808 802 6868 (10:00am – 5:30pm Monday to Friday, 7:00pm – 9:00pm Tuesday and Thursday and 6:00pm – 10:00pm weekends and public holidays)

## MIND

Offers support and advice for people living with or supporting someone with a mental health problem.

- Website: [www.mind.org.uk](http://www.mind.org.uk)
- Email: [info@mind.org.uk](mailto:info@mind.org.uk)
- Text: 864463 (9:00am - 6:00pm Monday to Friday, except for bank holidays)
- Call: 0345 123 2304 (10:00am – 4:00pm and 7:00pm – 10:00pm every day of the week, except bank holidays)

## NHS WEBSITE

Advice, guidance and links to services to support you through bereavement, grief and loss.

- Website: [www.nhs.uk/conditions/stree-anxiety-depression/coping-with-bereavement/](http://www.nhs.uk/conditions/stree-anxiety-depression/coping-with-bereavement/)

## ROADPEACE

Offers support for bereaved and injured road crash victims.

- Website: [www.roadpeace.org](http://www.roadpeace.org)
- E mail: [helpline@roadpeace.org](mailto:helpline@roadpeace.org)
- Helpline: 0845 450 0355 (10:00am – 4:00pm Monday to Friday)

## THE SAMARITANS

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

- Website: [www.samaritans.org](http://www.samaritans.org)
- E mail: [jo@samaritans.org](mailto:jo@samaritans.org)
- Call: 116 123 (24 hours every day of the year)

## SANDS (Stillbirth and Neonatal Death Charity)

Offers support to anyone affected by the death of a baby and promotes research to reduce the loss of babies' lives.

- Website: [www.sands.org.uk](http://www.sands.org.uk)
- E mail: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)
- Helpline: 0808 164 3332 (9:30am – 5:30pm Monday to Friday and 9:30am – 9:30pm on Tuesdays and Thursdays)

## SILVERLINE

A free confidential telephone helpline offering information, friendship and advice to older people.

- Website: [www.silverline.org.uk](http://www.silverline.org.uk)
- Email: [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)
- Helpline: 0800 470 8090 (24 hours)

## ST HELENS MACMILLAN CANCER INFORMATION AND SUPPORT CENTRE

For patients, relatives, carers, friends or anyone affected by cancer.

- Email: [macmillansupport@sthk.nhs.uk](mailto:macmillansupport@sthk.nhs.uk)
- Call: **01744 646985**

## SUDDEN

Help for anyone bereaved by a sudden death, whether it is a medical reason, terminal illness, injury or suicide.

- Website: [www.suddendeath.org.uk](http://www.suddendeath.org.uk)
- Email: [help@sudden.org.uk](mailto:help@sudden.org.uk)
- Helpline: 0800 2600 400 (10:00am – 4:00pm Monday to Friday)

## SUE RYDER

A website offering online bereavement support for people aged 18 years and over.

- Website: [www.sueryder.org](http://www.sueryder.org)

## SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)

Meeting the needs and breaking the isolation of those bereaved by the suicide of a close relative or friend.

- Website: [www.uksobs.org](http://www.uksobs.org)
- E mail: [support@uksobs.org](mailto:support@uksobs.org)
- Helpline: 0300 111 5065 (9:00am – 9:00pm everyday)

## WINSTON'S WISH

Offers practical support for bereaved families, children and young people.

- Website: [www.winstonswish.org](http://www.winstonswish.org)
- E mail: [ask@winstonswish.org](mailto:ask@winstonswish.org)
- Helpline: 08088 020 021 (9:00am – 5:00pm Monday to Friday)

## YOUNG MINDS

Offering information, advice, emotional support and signposting for parents and children / young people aged 25 years and under who have been bereaved or facing a mental health and life challenges.

- Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)
- To send an email please go to their website
- Parents helpline: 0808 802 5544