

# Bereavement Resources

Version 1.0 July 2022



Written by Dr Matthew Palethorpe,  
HEE NW Core Anaesthetics Trainee

***The loss of a loved one, a friend of a colleague can be an incredibly difficult time. It is hoped that the resources within this document are of some help to you during this time.***

Written by Dr Matthew Palethorpe and fully endorsed as a valuable document by  
Health Education England in the North West

**Feeling hopeless, lost, or sad?**

**Call The Samaritans on 116 123**

## Bereavement Resources

There are several national charities that can help you as you work through the grief of bereavement. This resource will provide information and links to several of those charities. Organisations and charities for certain circumstances have been separated to help identify specialists that can help you.



However, if you feel that you need help now call **The Samaritans** on **116 123**.  
If you feel unsafe in yourself, it is important that you tell someone.

**If you need immediate help, call 999.**

# BEREAVEMENT SUPPORT

The following charities and organisations can provide help and support to those that have been bereaved.

## At a loss

A large database of available resources for those that have been bereaved. A search of the database can identify support groups and services local to your area.

<https://www.ataloss.org>

## Cruise

Cruise is a large UK charity that provides support, a helpline, and groups for anyone that has been bereaved.

<https://www.cruise.org.uk>

Call: 0808 808 1677      Opening times vary each day. Check their website for details.

## Jewish Bereavement Counselling Service

Counselling services supporting the Jewish community.

<https://jbcs.org.uk>

Email: [enquiries@jbcs.org.uk](mailto:enquiries@jbcs.org.uk)

## Marie Curie

Support for families of those with a terminal illness, including bereavement support.

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

Call: 0800 090 2309      Open: 08:00 – 18:00 Mon – Fri, and 11:00 – 17:00 Sat.

## Muslim Bereavement Support

A charity supporting the Muslim community with bereavement support services.

<https://mbss.org.uk>

Call: 020 3468 7333

Email: [info@mbss.org.uk](mailto:info@mbss.org.uk)

## Sudden

Sudden provide support for anyone that has suffered a sudden bereavement.

<https://sudden.org/about-our-help/>

Call: 0800 260 0400 Open: 10:00 – 16:00 Monday – Friday

Email: [help@sudden.org](mailto:help@sudden.org)

### The Good Grief Trust

The Good Grief Trust provide resources to support anyone through bereavement.  
<https://www.thegoodgrieftrust.org>

### Widowed and Young

Support for anyone aged less than 50 who has lost a partner.  
<https://www.widowedandyoung.org.uk>

---

**If you want to speak to someone about how you're  
feeling, call CALM  
0800 58 58 58**

---

## Bereavement from Cancer

There are several services that provide advice for people that have been bereaved from cancer or covid-19. However, their resources may be useful to anyone.

### MacMillan Cancer Support

Support and guidance for family that have been bereaved through cancer. General advice on bereavement is also available.  
<https://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/coping-with-bereavement>

Call: 0808 808 0000 Open: 08:00 – 20:00 Every day

Online chat function and contact form are available through the website.

### Maggie's

Support and guidance for families that have been bereaved through cancer.  
<https://www.maggies.org>

Call: 0300 123 1801

## Bereavement from suicide

### Grassroots Suicide Prevention

A charity set up to help those with thoughts of suicidal ideation. Their main interaction is through their app. They provide information and guidance.  
Search for “Stay Alive” on your app store.

### Support after suicide partnership

This resource provides a signposting platform to support for those that have been bereaved after a suicide.

<https://supportaftersuicide.org.uk/about/>

### Survivors of bereavement through suicide

Support for anyone who experience bereavement through suicide.

<https://uksobs.org/>

Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)

---

**Want to talk. Text SHOUT to 85258 to talk to a crisis  
volunteer**

---

## Bereavement of a child

### Bliss

Support for families of ill children and bereavement. Additional guidance provided for healthcare workers to support families.

Email: <https://www.bliss.org.uk>

Video calls are available.

### Child Bereavement UK

Support for children, young people, parents, and families who have suffered the bereavement of a child.

<https://www.childbereavementuk.org>

Call: 0800 028 8840 Open: 10:00 – 16:00 Monday – Friday (except bank holidays)

Email: [helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org)

### Compassionate Friends

A charity supporting bereaved parents and their families.

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

Call: 0345 123 2304 Open: 10:00 – 16:00, and 19:00 – 22:00, every day.

### Rosie Crane Trust

Support for parents who have lost a child.

<https://www.rosiecranetrust.org>

Call: 01460 55120 Open: All day, every day.

Email: [contact@rosiecranetrust.co.uk](mailto:contact@rosiecranetrust.co.uk)

### Stillbirth And Neonatal Death Society (SANDS)

SANDS is a charity that provides a helpline and chat function to those that have been bereaved of their baby. SANDS also has in person groups and online groups to gain peer support. There is also an App available.

<https://www.sands.org.uk/support-you/how-we-offer-support>

### Tommy's

A charity supporting people through pregnancy. It has specialist advice services for anyone who has experienced a miscarriage or still birth.

<https://www.tommys.org/about-us>

Call: 0800 014 7800 Open: 09:00 to 17:00 Monday – Friday

Email: [midwife@tommys.org](mailto:midwife@tommys.org)

### Winston's Wish

Support for families as they support children that have experienced loss.

<https://www.winstonswish.org>

Call: 08088 020 021 Open: 09:00 – 17:00 Monday – Friday

---

**Cruise Bereavement Support**

**Call 0808 808 1677**

---

## Bereavement of a colleague

### Cruse Bereavement Support

Cruse has a dedicated section to support anyone that has lost a colleague.

<https://www.cruse.org.uk/understanding-grief/grief-experiences/colleague/>

## Bereavement in other circumstances

### Bereaved through Alcohol and Drugs (BEAD)

Information and resources for people who have been bereaved through alcohol or drugs. Link on the website is to the Cruise helpline.

<https://www.beadproject.org.uk>

### Blue Cross

For those suffering from the bereavement of a pet, Blue Cross offers support.

<https://www.bluecross.org.uk/pet-bereavement-and-pet-loss>

Call: 0800 096 6606      Open: 08:30 – 20:30

Email: [pbssmail@bluecross.org.uk](mailto:pbssmail@bluecross.org.uk)      Responses within 48 hours.

### Twins Trust

Support for families and individuals who have been bereaved of a twin or triplet.

<https://twinstrust.org/bereavement.html>

