

# MENTAL HEALTH RESOURCES

## BEREAVEMENT

### At a Loss

The UK's signposting website for the bereaved. They can help you find bereavement services and counselling. They also have resources on coronavirus pandemic bereavement.

### Bereaved through Alcohol and Drugs

Information and support for anyone bereaved through drug or alcohol use.

### Bereavement Advice Centre

Phone:

Email: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)

### Blue Cross

Animal charity that helps sick, injured and homeless pets.

### Care for the Family

Support for bereaved family, including information on sudden and traumatic bereavement

### Cruse

Helpline: 0808 808 1677

Online chat

### Dying Matters

Coalition of individual and organisational members across England and Wales, aiming to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

### The Good Grief Trust

Charity run by the bereaved, helping all those suffering grief in the UK. Can help you find reassurance, advice and support. They have a detailed page of coronavirus bereavement advice.

### Samaritans

Phone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Survivors of Bereavement by Suicide

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

### Widowed and Young

Offers a peer-to-peer support network to anyone who was aged 50 or under when their partner died.

## **Bereavement: Coronavirus**

### NHS Helpline

The NHS has set up an emergency helpline for anyone whose loved one has died in hospital, open 8am to 8pm daily. Phone: 0800 2600 400

### NHS Bereavement Support Line

A confidential bereavement support line, operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week. Phone: 0300 303 4434

### The Loss Foundation

Phone: 0300 200 4112

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## BEREAVEMENT

### Samaritans Frontline

*A one-to-one support service for healthcare, emergency and key workers. Available 24/7*

[Access here](#)

### Sudden

*Support for people bereaved by sudden death.*

*Phone: 0800 2600 400*

## LOSS OF A CHILD /LOSS OF AN UNBORN/ILL CHILD

### Child Bereavement UK

*Support when a baby or child of any age is dying, or a child is facing bereavement.*

*Phone: 0800 028 8840*

### The Compassionate Friends

*Provides support to bereaved families after the death of a child.*

### The Rainbow Trust

*Phone: 01372 363438*

### Sands

*Information and support for anyone affected by the death of a baby.*

*Phone: 0808 164 3332*