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# Bereavement and loss

Support at your own pace

Information and places to turn

For people aged 16 and over

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# Finding a starting point

For a parent, sibling, grandparent, friend, colleague or anyone important to you. You do not need to compare your loss with anyone else's.

## Cruse Bereavement Support

Emotional support, grief information and local one-to-one or group support. A useful first contact when you are unsure where to begin.

**How to get help:** Free support; contact the helpline or use the local-service finder. Availability varies.

0808 808 1677

www.cruse.org.uk/get-support

## Sue Ryder

Online grief information, an online bereavement community and an online counselling route. You do not need a connection to a Sue Ryder hospice.

**How to get help:** Counselling has its own age, residence and timing criteria; check the current application page.

www.sueryder.org/grief-support

## Marie Curie

Information and telephone support about dying, bereavement and the practical tasks after a death. Helpful before a death as well as afterwards.

**How to get help:** Contact the support service through the website; you do not need to have used Marie Curie nursing.

www.mariecurie.org.uk/information/grief

## AtaLoss

A UK-wide directory to help find support by location and circumstances, including more specific types of bereavement.

**How to get help:** A signposting website, rather than a direct counselling service.

www.ataloss.org

# Cafés, groups and connection

A gentler way to meet people who understand. You can ask what a group is like before deciding to attend.

## The Good Grief Trust: café map

Find grief and bereavement cafés across the UK by postcode. Informal meetings can offer company and a chance to talk about your loss.

**How to get help:** Check the host's current dates, age limits, accessibility and any costs before travelling.

www.thegoodgrieftrust.org / Open service page

## Sue Ryder Grief Kind Spaces

In-person community sessions offering informal peer support for people who are bereaved.

**How to get help:** Use the location finder to check whether a Space is available nearby and how to attend.

www.sueryder.org / Open service page

## Death Café

An informal discussion about death and dying for people who want to explore these subjects.

**How to get help:** This is a discussion group, rather than bereavement counselling or a grief support group. Check whether it feels right for your needs.

deathcafe.com

# After a suicide

Support for relatives, partners, friends and others affected by a death by suicide or suspected suicide.

## Support After Suicide Partnership (SASP)

A directory of suicide-bereavement services and information to help you find support in your area.

**How to get help:** Use the support finder. SASP coordinates and signposts services; it is not a crisis helpline.

supportaftersuicide.org.uk/support

## Survivors of Bereavement by Suicide (SoBS)

Support from other people who have experienced suicide loss, including local and virtual groups, phone and email support.

**How to get help:** Adult service; check the age requirement for the option you want. For 16–17-year-olds, use the young-person route on page 5.

0300 111 5065

uksobs.com

## Facing the Future

Small online groups with the same people each week provided by Samaritans: six free weekly sessions with trained volunteers.

**How to get help:** Register online. Check the current age and time-since-loss criteria before applying. This is peer support, not counselling.

www.facingthefuture.org.uk/register

## Help is at Hand

A free guide covering emotional experiences and practical questions after a possible suicide, for bereaved people and those supporting them.

**How to get help:** Published as a public-health resource; access it through SASP.

supportaftersuicide.org.uk/resource/help-is-at-hand-

# Young people and the death of a child

Routes for young people aged 16–25, adults supporting them, and families whose baby or child has died.

## Child Bereavement UK / Winston's Wish

These charities have joined together. The current Child Bereavement UK service supports grieving people aged 25 or under, and parents whose baby or child has died or is expected to die before their 26th birthday.

**How to get help:** Phone, live chat, email and text options; enquire about tailored support. Both familiar names are included here as one route.

0800 02 888 40

www.childbereavementuk.org

## The Compassionate Friends

Peer support for bereaved parents and adult siblings, including when an adult child has died. Resources for grandparents are also available.

**How to get help:** Explore local and online groups, grief companions, support packs and the helpline through the website. Check event costs.

www.tcf.org.uk

# Pregnancy and baby loss

Support can include parents, partners, grandparents, siblings and others affected. Your loss matters whatever the stage of pregnancy.

## Sands: stillbirth and neonatal death

Support for anyone affected by the death of a baby, including a helpline, groups and online resources.

**How to get help:** Contact directly. Ask about support in another language if needed.

0808 164 3332

www.sands.org.uk/support-you

## Miscarriage UK (formerly the Miscarriage Association)

Information and emotional support after miscarriage, ectopic pregnancy or molar pregnancy, including resources for partners.

**How to get help:** Use the current website for support-line, online and group options.

www.miscarriageuk.org

## The Lullaby Trust

Bereavement support after the sudden and unexpected death of a baby or young child, including telephone support and befriending.

**How to get help:** Contact the bereavement team to discuss which support is suitable.

0808 802 6868

www.lullabytrust.org.uk/bereavement-support/find-support

# After the death of a partner

Support whether you were married or unmarried, with or without children, and whatever your gender or sexual orientation.

## WAY: Widowed and Young

A UK support network for people whose partner died before their 51st birthday. Online connection and local meet-ups with others who understand younger widowhood.

**How to get help:** Membership is £30 a year at the review date. Financial assistance may be available. Eligibility relates to your age when your partner died.

www.widowedandyoung.org.uk/get-support/join-way

## WAY Up for people widowed later in life

WAY signposts people widowed at 51 or older to WAY Up, a community for widowed people.

**How to get help:** Use WAY's current FAQ for the onward link and check the group's joining information.

www.widowedandyoung.org.uk/get-support/faqs

# Local support in West London

These are independent services. Check which areas and ages each service covers.

## The Mulberry Centre, Isleworth

Bereavement counselling, groups and social or wellbeing activities. Its local bereavement service supports people living or working in Hounslow after a death from any cause. Its cancer-support route has no postcode boundary.

**How to get help:** Free support. Contact the team for a welcome assessment and to confirm age and eligibility for the relevant service.

020 8321 6300 · talk@themulberrycentre.co.uk

themulberrycentre.co.uk

## Bereft Bereavement Support, Ealing

Bereavement counselling for people aged 16 or over living in the London Borough of Ealing.

**How to get help:** Self-referral by phone or the online assessment form. A contribution may be requested according to what you can afford.

020 8896 2800

bereftbereavementsupport.co.uk/contact-us

## Your local hospice or council

Hospices may offer bereavement support, including support after an expected death. Some accept people whose relative was not cared for by that hospice.

**How to get help:** Ask which areas and ages they cover, how to contact them, and whether the person who died needed to have used the hospice. Use the council finder below.

www.gov.uk/find-bereavement-services-from-council

# After the loss of a pet

The loss of an animal can be deeply painful. These routes offer understanding without needing to justify the importance of your bond.

## Blue Cross Pet Loss Support

Emotional support after the death or anticipated loss of a pet or assistance animal, including loss in other circumstances.

**How to get help:** Free and confidential phone support, with online contact options on the website.

0800 096 6606

www.bluecross.org.uk/pet-loss

## Cats Protection: Paws to Listen

Free, confidential listening support for pet-related grief, plus information about losing a cat and difficult end-of-life decisions.

**How to get help:** Trained volunteer listeners; phone or the website support form. This is listening support rather than counselling.

0800 024 9494

www.cats.org.uk/what-we-do/grief

## The Ralph Site

A not-for-profit pet-loss website with information and an online community for people grieving an animal.

**How to get help:** Use the website for resources and current community links. Peer discussion is not a crisis or therapy service.

www.theralphsite.com

## Animal Samaritans

An animal-welfare charity that also offers a pet-bereavement telephone support route.

**How to get help:** Check the current bereavement contact details and availability on the charity website.

020 3745 9859

animalsamaritans.org.uk

# Other circumstances of loss

A specialist service may help with the particular experiences and practical questions around a death.

## Brake: National Road Victim Service

Specialist help for UK residents bereaved or seriously injured in a road crash, including crashes abroad.

**How to get help:** Free support; use the contact form, phone or email to ask for help.

0808 8000 401

www.brake.org.uk/how-we-help/get-help-if-a-crash-victim

## Victim Support: Homicide Service

Emotional and practical support for people bereaved by murder or manslaughter, with help navigating the aftermath.

**How to get help:** The specialist service covers England and Wales; contact Victim Support about access and eligibility.

www.victimsupport.org.uk / Open service page

## Adfam: substance-related bereavement information

Information for families affected by alcohol or drug use, including an alcohol-related bereavement toolkit.

**How to get help:** Use the family resources page for information and onward support; this is not a guaranteed counselling offer.

adfam.org.uk/for-families