

Bereavement Support



Local and national bereavement support services

Bereavement is an experience that can happen to any of us. How you process your feelings about the death of a loved one is a very personal thing. There is no right or wrong way to deal with how you feel about this. The festive period can be especially difficult for some people but talking about what has happened, and about the person who has died, can help you to work through the feeling you may have.

If you would like support at this difficult time, please see some resources below which can offer you information, help and guidance relating to different circumstances of bereavement.



If U Care Share provide support for those bereaved by suicide Call: **0191 3875661** Email: share@ifucareshare.co.uk Website: www.ifucareshare.co.uk



Child Bereavement UK offers support to UK families when a child of any age dies or when a child is facing a bereavement. Visit www.childbereavementuk.org or call **0800 02 888 40**



CRUSE promotes the well-being of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. Email: helpline@cruse.org.uk or call **0808 808 1677** Open Tues-Thur 9.30am-8pm, Sat 10am-2pm. Branches cover much of the region. Website: www.cruse.org.uk



The Samaritans are available 24 hours a day Call: **116 123** and can be an invaluable point of contact in the small hours when other help lines are often closed. Website: www.samaritans.org



The Winston's Wish national Helpline offers support, information and guidance to those caring for a bereaved child or young person. Helpline: **08088 020021** (Mon-Fri 9am to 5pm and Wed evenings 7pm to 9.30 pm). Website: www.winstonswish.org