

**Hampshire Safeguarding Adults Board –
Information for Families about Bereavement Support services available.**

www.thelossfoundation.org

The Loss Foundation: A charity providing support to people who have lost loved ones to cancer; spouses, family members, friends. The charity operates support groups within London and Oxford, and other supportive events. They also provide an array of bereavement information on their website to support those that fall out of their support group catchment area.

www.thegoodgrieftrust.org

The Good Grief Trust: enables anyone who has been bereaved to find their nearest local support organisation. Also provides practical help and tips from people who have been bereaved who tell their own stories.

www.bereavementuk.co.uk

Online support site for those who have been bereaved.

www.childdeathhelpline.org.uk

Child Death Helpline: 0800 282986

Helpline for anyone affected by the death of a child of any age. Advice, information, listening, befriending, referrals and face to face service by arrangement. Staffed by bereaved parents.

www.tcf.org.uk

The Compassionate Friends: 0345 123 2304

Helpline and support services run by bereaved parents. Support to parents and their immediate families after the death of a child of any age and from any cause. Local contacts and support meetings, befriending, phone and letter contact, leaflets and publications, postal library, retreats and an annual weekend gathering. Compassionate Friends have a subgroup called Shadow of Suicide for parents and families of children who have taken their own lives.

www.cruse.org.uk

Cruse Bereavement Care: 0808 808 1677

Helpline offering listening support and practical advice related to bereavement. Puts people in touch with local Cruse branches which can provide individual and group support.

www.samaritans.org

The Samaritans: 116 123 (free of charge from a landline or mobile).

Provides emotional support. 24hr service.

www.uk-sobs.org.uk

Survivors of Bereavement by Suicide: National Helpline **0300 111 5065** and other support services run by a self-help group for people bereaved by suicide. Helpline provides listening support and will put people in touch with their nearest local group. Monthly group meetings in various locations. Bereavement pack and literature for survivors. Conferences and support days.

www.sueryder.org/online-bereavement-support

Sue Ryder Online Bereavement Support makes it easy to connect with the right support from your own home. Whether you're looking for one-to-one professional support, to talk to others in similar situations, or to read expert information resources, you can access support for free on your computer, tablet or smartphone.

www.rosiecranetrust.org

The Rosie Crane Trust: 24hr helpline **01460 55120** Support to bereaved parents.

www.samm.org.uk

SAMM (Support After Murder and Manslaughter): 0121 472 2912

Telephone support line for families and friends of homicide victims.

www.griefencounter.com

Grief Encounter Project: 0808 802 0111

Workshops, one to one counselling telephone advice, resources and an interactive website for bereaved children, young people and their families.

www.childbereavementuk.org

Child Bereavement Charity: 0800 02 888 40

Support for bereaved families, online discussion forums, information.

www.thelauracentre.org

The Laura Centre: A family bereavement counselling centre which provides confidential counselling and group support free of charge for anyone affected by death of a child, at any age and from any cause. Any school aged child affected by the death of a parent, grandparent or significant adult. Telephone and email support throughout UK, face to face primarily Leicester, Leicestershire, Rutland, Northamptonshire, Derbyshire, Warwickshire and Lincolnshire
