

**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.bereavementcare.uk

Bereavement Care 08081 691 922

Offers free support to anyone struggling with loss. They offer one-to-one support, wellbeing or friendship groups.

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.simonsays.org.uk

Simon Says: 02380 647550

Supports young people in Hampshire up to age 18 who have a significant person in their life who has died or is dying.

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 808 167

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: 07763 644 310

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.amparo.org.uk

Amparo: 0330 088 9255

A free and confidential service offering support to anyone in Hampshire affected by suicide, including children and young people.

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.

[Death Positive Libraries | Hampshire](#)

Death Positive Libraries in Hampshire aim to remove barriers to talking about death and dying. They offer helpful books for adults and children, and some venues run free, monthly 'Living with Loss' sessions. Find out more at your local library or search online at hants.gov.uk/death-positive

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

[Homepage \(connecttosupporthampshire.org.uk\)](http://connecttosupporthampshire.org.uk)

Connect to Support Hampshire

lists other local bereavement support services on the website community directory.

[Mental Wellbeing Hampshire | Health and social care | Hampshire County Council \(hants.gov.uk\)](http://hants.gov.uk)

Mental Wellbeing Hampshire

Provides a range of useful mental health and wellbeing information and support.
