

Bereavement Support Organisations

At A Loss

Is an organisation which is committed to ensuring that everyone in the UK who has suffered a significant loss can locate support. The website aims to provide an access point to a range of bereavement support, including Grab Life for those aged 18-30. www.ataloss.org

The BEAD Project

Provides information, support and hope for anyone whose loved one has died as a result of drug or alcohol use. www.beadproject.org.uk

Brake

This road safety charity runs a helpline (0845 603 8570) for anyone bereaved as a result of a road crash. www.brake.org.uk

Child Bereavement UK

Provides support to families and professionals when a child dies or when a child is bereaved of someone important in their lives. Services offered include a Support and Information Line, Buckinghamshire-based Family Bereavement Support Service, interactive website with a Families and Professionals Forum, resources and Professionals Training Programme. Tel: (01494) 446648 www.childbereavementuk.org

Child Death Helpline

Telephone helpline for anyone affected by the death of a child, from pre-birth to the death of an adult child, however long ago, and whatever the circumstances. It is staffed by experienced and trained bereaved parent volunteers. 0800 282986 www.childdeathhelpline.org.uk

The Compassionate Friends

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family. 0845 123 2304 www.tcf.org.uk

The Coroners Courts Support Service

Gives emotional & practical support to families & witnesses attending Inquests at specific Coroner's Court locations, detailed on their website. 0203 667 7884 www.coronerscourtsupportservice.org.uk

Cruse Bereavement Care

Cruse is the largest bereavement support organisation for both adults and children in the UK. They provide one-to-one support to anyone who has suffered bereavement, together with a telephone helpline (0844 477 9400). Their website gives further information and contact details for local branches. www.cruse.org.uk

Cruse Bereavement Care Scotland

Cruse Bereavement Care Scotland provides similar support to Cruse in England, Wales and Northern Ireland. You will find further information, including local branch details. 01738 444807. www.crusescotland.org.uk

CRY – Cardiac Risk in the Young

Cardiac Risk in the Young (CRY) supports those bereaved through young sudden cardiac death (also known as SADS, SDS); and has a Surgery Supporters Network for young people (aged 14-35) diagnosed with a cardiac condition. CRY promotes heart screening and ECG testing programmes, and funds the CRY Centre for Sports Cardiology and the CRY Centre for Cardiac Pathology. 01737 363222
www.c-r-y.org.uk

DrugFam

Supports families affected by a loved one's use of drugs or alcohol, working with individual family members and carers rather than the user. They offer telephone support, befriending, counselling, local support groups in Buckinghamshire and bereavement support. 0300 888 3853
www.drugfam.co.uk

Grief Encounter

Supports bereaved children and their families to help alleviate the pain caused by the death of someone close. The website contains helpful support pages for families, young people, professionals and schools. 020 8371 8455
www.griefencounter.org.uk

Inquest

A small charity providing help and advice for those facing an inquest. Although the organisation's focus is particularly on state-related deaths, the online Inquest Handbook contains useful information for anyone facing an Inquest.
www.inquest.org.uk

The Lullaby Trust

Provides expert advice on safer sleep for babies, emotional support for bereaved families and raises awareness of Sudden Infant Death Syndrome (SIDS). 0808 802 6868 www.lullabytrust.org.uk

Miscarriage Association

Miscarriage can be a very unhappy, frightening and lonely experience. Support, information and comfort are provided for those who have been affected by the loss of a baby in pregnancy, whether recently or long ago. 01924 200799
www.miscarriageassociation.org.uk

Pauls Fund and Pauls Place

Gives grants to young adults aged approximately 18 to 30 who are facing bereavement, diagnosis of a life threatening or terminal illness, or have a significant long term caring role for a family member. Covers accommodation costs of holiday break at Paul's Place, a B&B in North Devon with self-catering facility. www.pauls-fund.co.uk/pauls-place

SADS UK – Sudden Arrhythmic Death Syndrome

National cardiac charity providing support to families and individuals affected by a sudden unexpected death. Qualified counsellors and support contacts offer assistance after the death of a child or young spouse. Retreats for the bereaved. Also supports those diagnosed with cardiac conditions and donates cardiac equipment to medical establishments. 01277 811215 www.sadsuk.org

Samaritans

Provides confidential non-judgemental emotional support 24 hours a day to people who are experiencing feelings of distress or despair, including those which could lead to suicide. 08457 90 90 90
www.samaritans.org

SAMM – Support After Murder and Manslaughter

Supporting those who have been bereaved as a result of murder or manslaughter, through a telephone helpline (0845 872 3440), information and other activities, including local groups.
www.samm.org.uk

SANDS – Still and Neonatal Death Charity

Offers support when your baby dies during pregnancy or after birth. 020 7436 5881
www.uk-sands.org

Saying Goodbye

Organises memorial services in Cathedrals throughout the UK for those who have experienced miscarriage or early loss. 0845 293 8027 www.sayinggoodbye.org

See You Soon

Is a website, linked to the book of the same name, which explores, from a personal perspective, issues around bereavement, drugs in the family, and hope. The book 'See You Soon' by Philippa Skinner is available from Care for the Family's online shop.
www.seeyousoon.me.uk

Survivors of Bereavement by Suicide

(previously known as SOBS) Providing help and support to those bereaved by the suicide of a relative or close friend. They provide information, a helpline (0844 561 6855) and other activities, including local groups and events throughout the UK.
www.uk-sobs.org.uk

Tamba BSG – Twin and Multiple Birth Association

Bereavement support group Supporting parents who have lost a baby or babies during a multiple pregnancy or at any stage after birth. 0870 770 3305
www.tamba-bsg.org.uk

Together for Short Lives

Provides support for families where children have life-threatening and life-limiting conditions. They also offer a helpline and advocacy service. 0808 8088 100 www.togetherforshortlives.org.uk

WAY (Widowed and Young) Foundation

Providing support, advice and friendship to those who have been bereaved of a partner under the age of 50. 0870 011 3450
www.wayfoundation.org.uk

Winston's Wish

Winston's Wish supports bereaved children and young people up to the age of 18 through a whole range of activities, including a helpline (08452 030405), group work, residential events and resources.
www.winstonswish.org.uk

Specialist Support from Care for the Family

Bereaved Parent Support

Support for any parent whose son or daughter has died at any age, in any circumstances, and at any stage in their journey of grieving. We provide a telephone befriending service (for those who have lost a child aged 35 or under), day and weekend support events, a regular email support newsletter, a Facebook page, personal stories and helpful articles, and short support films in the Bereavement Playlist on Care for the Family's YouTube channel. We also run Brothers and Sisters: life after loss events and a closed Facebook group to support bereaved adult siblings.

www.careforthefamily.org.uk/bps

Widowed Young Support

Support for anyone whose partner has died early in life (up to age 50, or older if there are dependent children). We provide a telephone befriending service, day and weekend support events, a regular email support newsletter, a Facebook page, personal stories and helpful articles, and short support films in the Bereavement Playlist on Care for the Family's YouTube channel.

www.careforthefamily.org.uk/wys