

Bereavement and Dying Resources

Age UK

www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/

Age UK have a section for end- of- life planning.

At a loss

www.ataloss.org

Bereavement services, resources and counselling across the UK.

Bereavement Advice

www.bereavementadvice.org

A free helpline and information service provided by Co-op Legal Services. Provides information, signposting, and advice about practical and legal matters relating to bereavement.

The Bereavement Register

www.thebereavementregister.org.uk

The Bereavement Register operates a free service that removes the names and addresses of the deceased from mailing lists. Provides information and signposting for helpful resources relating to practical matters of bereavement.

Brake

www.brake.org.uk

Tel: 0808 8000 401

Brake, the national road safety charity. Brake supports people who have been bereaved and injured in road crashes through their helpline and a range of literature. They also assist professionals working with road crash victims.

Carers Trust

www.carers.org/when-caring-ends/

Tel: 0844 800 4361

The Trust exists to make it easier for carers to cope by providing information, support and practical help to carers. It has a section on 'When caring ends' that may be helpful.

Carers UK

www.carersuk.org/help-and-advice/practical-support/coping-with-bereavement/

Tel: 020 7378 4999

Carers UK is the leading campaigning, policy and information organisation for carers. It has a section on coping with bereavement.

Child Bereavement UK

www.childbereavementuk.org

Offers support if you are bereaved after losing a child. Or if you're a child or young person who is grieving after losing someone.

The Compassionate Friends

www.tcf.org.uk

Helpline: 0345 123 2304

Support for bereaved parents and their families, including a helpline.

Cruse Bereavement Support

www.cruse.org.uk

Helpline: 0808 808 1677

Offers face-to-face, telephone, email and online support for anyone who has experienced a loss.

Dying Matters

www.hospiceuk.org/our-campaigns/dying-matters

Resources to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

The Good Grief Trust

www.thegoodgrieftrust.org

A charity run by bereaved people, helping all those experiencing grief in the UK. Provides information and stories about grief and bereavement, including a map of UK bereavement services.

GOV.UK Benefits if you're nearing the end of life

www.gov.uk/benefits-end-of-life

GOV.UK Bereavement Support Payment

www.gov.uk/bereavement-support-payment

GOV.UK What to do when someone dies

www.gov.uk/when-someone-dies

GOV.UK's guidance about what to do when someone dies, including information about registering a death, funeral arrangements, bereavement benefits, services, and support, and dealing with the estate.

Hope Again

www.hopeagain.org.uk

The youth website of Cruse Bereavement Support. Hope Again provides advice, information, support, and resources for young people dealing with loss and bereavement, as well as advice for parents and guardians supporting young people experiencing grief.

Hub of Hope

www.hubofhope.co.uk

Database of mental health services in the UK, including community, charity, private and NHS mental health support.

Marie Curie – palliative care

www.mariecurie.org.uk/help/support/diagnosed/recent-diagnosis/palliative-care-end-of-life-care

MIND- Bereavement

www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/

The Natural Death Centre

www.naturaldeath.org.uk/

Provides information about natural burial grounds and funerals and resources for people arranging a funeral and experiencing grief.

NHS - Grief after bereavement or loss

www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/

Samaritans

www.samaritans.org

If you're struggling you can call Samaritans any time on **116 123** to talk about anything
Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

Sands

www.sands.org.uk

Helpline: 0808 164 3332

Information and support for anybody affected by the death of a baby.

Sue Ryder

www.sueryder.org

Offers bereavement support and end of life care.

Survivors of Bereavement by Suicide (SOBS)

www.uksobs.org

Tel:0300 111 5065

runs a helpline, local support groups and has many more practical resources.

Support after Murder and Manslaughter (SAMM)

www.samm.org.uk

Helpline: 0121 472 2912

SAMM offers help and support to families and friends who have been bereaved through murder and manslaughter. All of their support volunteers have been bereaved in a similar way.

Support after Suicide Partnership

www.supportaftersuicide.org.uk

Help is at Hand booklet is part of a range of bereavement support materials available on

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

Turn2us

www.turn2us.org.uk/

A charity that provides help for people accessing financial support, including welfare benefits, grants and other help.

WAY (Widowed and Young)

www.widowedandyoung.org.uk/

Advice for people who have lost a partner before their 51st birthday.

Updated: July 2025