

## **Bereavement and Dying Resources**

### **Age UK**

[www.ageuk.org.uk/information-advice/money-legal/end-of-life-planning/](http://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](http://www.ataloss.org)

Bereavement services, resources and counselling across the UK.

### **Brake**

[www.brake.org.uk](http://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/](http://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/](http://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](http://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](http://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](http://www.cruse.org.uk)

Helpline:0808 808 1677

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

### **Support after Suicide Partnership**

[www.supportaftersuicide.org.uk](http://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](http://www.supportaftersuicide.org.uk/resource/help-is-at-hand)

### **Dying Matters**

[www.hospiceuk.org/our-campaigns/dying-matters](http://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](http://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.

### **Hub of Hope**

[www.hubofhope.co.uk](http://www.hubofhope.co.uk)

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

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

[www.gov.uk/benefits-end-of-life](http://www.gov.uk/benefits-end-of-life)

### **GOV.UK Bereavement Support Payment**

[www.gov.uk/bereavement-support-payment](http://www.gov.uk/bereavement-support-payment)

### **NHS - Grief after bereavement or loss**

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/)

### **Marie Curie – palliative care**

[www.mariecurie.org.uk/help/support/ Diagnosed/recent-diagnosis/palliative-care-end-of-life-care](http://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/](http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/)

### **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

If you're struggling you can call Samaritans any time on [116 123](tel:116123) to talk about anything Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

### **Sands**

[www.sands.org.uk](http://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](http://www.sueryder.org)

Offers bereavement support and end of life care.

**Survivors of Bereavement by Suicide (SOBS)**

[www.uksobs.org](http://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](http://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.

**Turn2us**

[www.turn2us.org.uk/](http://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/](http://www.widowedandyoung.org.uk/)

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

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