



Do you need to speak to someone now?

Support Organisations Available

There is a wide range of support available to you. You may not be alone in grief, but we know every grief journey (as different as it is), is very much a minefield. Be assured, we're here to help signpost you to the support you need when you need it. If you want to talk, but you only want someone to listen, in the absence of speaking to friends and family, please know you can speak to us. We're here to listen.

24 HOUR SUPPORT LINES

- [Samaritans](#) 116 123 (UK) For anyone at any time for any reason
- [Childline](#) 0800 1111 Support for 18yrs & under and their relatives
- [Silverline](#) 0800 470 8090 Support for the over 50's

DAY/EVENING SUPPORT LINES

<u>National Bereavement Service</u>	0800 0246 181	Mon - Fri 09:00 - 18:00, Sat 10:00 - 14:00, Sun – CLOSED
<u>Cruse</u>	0808 808 1677	Nationwide bereavement support
<u>Cruse Bereavement Care Scotland</u>	0808 802 6161	Mon - Fri 9am-8pm and Sat/Sun 1-4pm
<u>Child Bereavement UK</u>	0800 02 88840	Helpline (9 - 5pm)
<u>Child Death Helpline</u>	0800 282 986 0808 800 6019	Every evening 7-10pm Mon/Thurs / Fri - 10am - 1pm Tues/Wed - 10am - 4pm
<u>Bereavement Advice Centre</u>	0800 634 9494	Practical advice (9 - 5pm)
<u>DrugFam</u>	0300 888 3853	Drug and Alcohol addiction The helpline line is available between 9am and 9pm seven days a week.

<u>Sands</u>	0808 164 3332	10am-3pm Mon to Fri daytimes and 6pm-9pm Tues to Thurs evenings Free confidential helpline for anyone affected by pregnancy loss or the death of a baby.
<u>Survivors of Bereavement by Suicide</u>	0300 111 5065	9am-9pm every day
<u>Breathing space Scotland Helpline for when it becomes difficult to cope</u>	0800 838587	Monday to Thursday - 6pm - 2am Friday 6pm - 6am
<u>The Compassionate Friends</u>	0345 123 2304	Open every day 10 am – 4 pm, 7-10 pm
<u>The Lullaby Trust</u>	0808 802 6868	Monday - Friday, 10 am – 5 pm Weekends and Public holidays, 6 pm - 10 pm
<u>Marie Curie</u>	0800 090 2309	Open Monday - Friday, 8am – 6pm Open Saturday, 11am – 5pm on Saturday Practical and clinical information and support on all aspects of end of life and bereavement.
<u>The Greater Manchester Suicide Bereavement Information Service</u>	0161 983 0700	Open Monday – Friday, 10am-4pm

USEFUL LINKS

[The Good Grief Project](#)-The Good Grief Project offer nuggets of hope and comfort for the newly bereaved

[Bereaved Parent Support Day](#)- Support days for anyone who has lost a child at any age

[Royal College of Psychiatrists](#) - Information about feelings immediately after a bereavement

[Marie Curie Wellbeing Advice](#)- Some practical advice on looking after yourself immediately after the death of a loved one

[Sue Ryder Online Community](#) - is an online peer support service where bereaved people can exchange messages, share their feelings and support each other. It is monitored and moderated by Sue Ryder to ensure it remains a safe and supportive environment. It is available to any bereaved person aged 18 or over.