



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

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

		10am-3pm Mon to Fri daytimes and 6pm-9pm Tues to Thurs evenings
Sands	0808 164 3332	Free confidential helpline for anyone affected by pregnancy loss or the death of a baby.
Survivors of Bereavement by Suicide		9am-9pm every day
0300 111 5065		
Breathing space Scotland Helpline for when it becomes difficult to cope	0800 838587	Monday to Thursday - 6pm - 2am Friday 6pm - 6am
The Compassionate Friends	0345 123 2304	Open every day 10 am – 4 pm, 7-10 pm
The Lullaby Trust	0808 802 6868	Monday - Friday, 10 am – 5 pm Weekends and Public holidays, 6 pm - 10 pm
Marie Curie	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.
The Greater Manchester Suicide Bereavement Information Service	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.