



Bereavement

Last updated May 2024

Contents:

Information	1
General Bereavement Support	2
Bereavement Support for Specific Circumstances	4
Suicide Bereavement	4
Pets	5
Children	5
Siblings	5
Road Accidents	5
Faith-specific support	6

Information

- **Cruse** (info) has general information about grief and bereavement
<https://www.cruse.org.uk/understanding-grief/>

- **Mind** (info) offers general information about bereavement, including how to support yourself and others
<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/>

- **National Bereavement Support** (helpline/webchat/email/info) provides practical guidance and emotional support for anyone who has experienced bereavement across the UK through phone, email, web chat facility and online guides.
<https://thenbs.org/>
 - Phone: 0800 0246 121
 - Monday-Friday (9am-6pm), Saturday (10am-2pm)
 - International callers can ring on 0191 656 3201
 - Webchat: <https://thenbs.org/contact-us>
 - Email: info@thenbs.org
 - Info guides: <https://thenbs.org/quick-guides>
 - Practical support info pages: <https://thenbs.org/practical-support>



- **UK Government** (info) has information on what to do when someone dies, such as registering the death and planning a funeral.
<https://www.gov.uk/when-someone-dies>

General Bereavement Support

College contacts, other listening services, GP, NHS Emergency Mental Health Helpline and further support resources can be found on the General Support document.

- **At a Loss** (directory/info/webchat) provides support and resources for bereaved people. Covers national bereavement support services, specialist providers, and local provision. They also provide a counselling webchat.
<https://www.ataloss.org/>
 - Webchat: <https://www.ataloss.org/live-chat>
 - Monday-Friday (9am-9pm)
- **Cruse Bereavement Support** (helpline/webchat/info/support) is the UK's leading bereavement charity, offering a range of resources and support options for those who are bereaved.
<https://www.cruse.org.uk/>
 - Phone: 0808 808 1677
 - Monday, Wednesday, Thursday, Friday (9.30am-5pm), Tuesday (1pm-8pm)
 - Local support: <https://www.cruse.org.uk/postcode-lookup/>
 - Info booklets: <https://www.cruse.org.uk/organisations/grief-booklets/>
- **Let's Talk About Loss** (info/support groups). A place for young people who have been bereaved to find friendship and support.
<https://letstalkaboutloss.org>
- **National Bereavement Support** (helpline/webchat/email/info) provides practical guidance and emotional support for anyone who has experienced bereavement across the UK through phone, email, web chat facility and online guides.
<https://thenbs.org/>
 - Phone: 0800 0246 121
 - Monday-Friday (9am-6pm), Saturday (10am-2pm)
 - International callers can ring on 0191 656 3201
 - Webchat: <https://thenbs.org/contact-us>
 - Email: info@thenbs.org



- **The Good Grief Trust** (info/support/directory). The good grief trust shares stories from others who have had a similar loss, practical and emotional support and signposting to local and national support.
<https://www.thegoodgrieftrust.org/>

- **University Counselling Service** (support) comprises two teams of trained and experienced practitioners to help students manage any difficulties that are impacting your successful engagement with their studies and with University life. They are available, free of charge, all year round to registered students. They are located in the Palatine Centre. They offer face-to-face and remote sessions (via Teams or telephone).
The university counselling service offers some group grief counselling sessions if you apply.
<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/counselling/>
 - **To self-refer, you can contact the service directly via cmh.service@durham.ac.uk.**
 - Please note, if you are currently receiving therapeutic support from another service, the university Counselling Team is unlikely to be able to offer ongoing sessions, to prevent duplication or conflict of support.

- **Winston's Wish** (helpline/webchat/email/text/info) provides therapeutic advice following a bereavement, specialising in young people.
<https://www.winstonswish.org/>
 - Phone: 08088 020 021
 - Monday-Friday (8am-8pm)
 - Webchat: <https://www.winstonswish.org/supporting-you/grief-support-young-people/>
 - Email: ask@winstonswish.org or through the form <https://www.winstonswish.org/supporting-you/ask-a-question/>
 - Text: WW to 85258 (operated by SHOUT)
 - Everyday, 24/7



Bereavement Support for Specific Circumstances

Suicide Bereavement

- **If U Care Share** (info/helpline). They also have a free online guide to help anyone affected by suicide bereavement. They have support groups and networks in Durham and surrounding areas.

<https://www.ifucareshare.co.uk/>

- Phone: 0191 387 5661
 - Monday-Friday (9am-5pm)
- Text: IUCS to 85258 (operated by SHOUT)
 - Everyday, 24/7
- Online guide for those who are bereaved by suicide:
https://issuu.com/iucsf/docs/the_road_ahead

- **Samaritans/Cruse Facing the Future Project** (support groups). Facing the Future has been developed by Samaritans and Cruse Bereavement Care to help support people who have been bereaved by suicide. Facing the Future gives you the opportunity to meet others who have lost someone to suicide and share your experiences and feelings.

<https://www.facingthefuturegroups.org/>

- **Survivors of Bereavement by Suicide** (support groups/helpline/email/forum/info) provides a range of resources for those who have been bereaved by suicide.

<https://uksobs.com/>

- Phone: 0300 111 5065
 - Monday-Friday (9am-7pm)
- Email: email.support@uksobs.org
- Support groups: <https://uksobs.com/how-we-can-help/support-groups/>



Pets

- **Blue Cross** (helpline/email/webchat/info) is a pet bereavement support service available through various mediums.

<https://www.bluecross.org.uk/pet-bereavement-and-pet-loss>

- Phone: 0800 096 6606
 - Everyday (8:30am-8:30pm)
- Email: plsmail@bluecross.org.uk
 - Will respond within 48 hours
- Webchat: (on the link above)

Children

- **Child Bereavement UK** (helpline/email/webchat/support) help people to rebuild their lives when a child grieves or when a child dies.

<https://www.childbereavementuk.org/>

- Phone: 0800 02 888 40
 - Monday-Friday (9am-5pm)
- Email: helpline@childbereavementuk.org
- Webchat: available through the website
 - Monday-Friday (9am-5pm)

Siblings

- **Sibling Support** (info/support). Support for bereaved siblings who have lost a brother or a sister. Support includes free resources such as booklets, stories from other young people and information on how to cope with grief.

<https://www.siblingsupport.co.uk/>

Road Accidents

- **Road Peace** (info/helpline/email/support). Provides information and support services to people bereaved or seriously injured in road crashes.

<http://www.roadpeace.org/>

- Phone: 0800 160 1069
 - Monday-Friday (10am-4pm)
- Email: helpline@roadpeace.org



Faith-specific support

- **Muslim Bereavement Support Service** (info/helpline/email/group support). A charity which supports bereaved Muslim women and offers free and confidential face-to-face and/or telephone support.

<https://mbss.org.uk/>

- Phone: 020 3468 7333
- Email: info@mbss.org.uk