

Bereavement Signposting

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Information

- **Cruse** (info/helpline) 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 and a web chat facility.
<https://thenbs.org/>
 - Phone: 0800 0246 121
 - Mon-Fri 09:00-18:00; Sat 10:00-14:00
 - International callers can ring on 0191 656 3201
 - Webchat: <https://thenbs.org/contact-us>
 - Email: info@thenbs.org
 - 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

- **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>
 - Mon-Fri 09:00-21:00
- **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
 - Mon, Wed, Thu, Fri 09:30-17:00; Tuesday 13:00-20:00
 - 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
 - Mon-Fri 09:00-18:00; Sat 10:00-14:00
 - 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.
- **Child Bereavement UK** (helpline/live chat/email/text/info) provides therapeutic advice following a bereavement, specialising in young people.
<https://www.childbereavementuk.org/>
 - Phone: 0800 02 888 40
 - Available Mon-Fri 08:00-20:00 (excluding bank holidays)
 - Live Chat: The in the bottom right corner throughout the website
<https://www.childbereavementuk.org/Listing/Category/teenagers>
 - Email: ask@childbereavementuk.org or through the form
<https://www.childbereavementuk.org/on-demand>
 - Text: 07418 341 800 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
 - Mon-Fri 09:00-17:00
 - Online guide for those who are bereaved by suicide:
<https://www.ifucareshare.co.uk/how-we-can-help/support-after-suicide>
- **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
 - Mon-Fri 09:00-19:00
- Email: email.support@uksobs.org
- Support groups: <https://uksobs.com/how-we-can-help/support-groups/>
- Forum: <https://forum.uksobs.com/>

Pets

- **Blue Cross** (helpline/email/live chat/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
 - Available everyday 08:30-20:30
- Email: plsmail@bluecross.org.uk
 - Will respond within 48 hours
- Webchat: In the bottom right corner of every page.

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

Children

- **Child Bereavement UK** (helpline/email/live chat/text/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
 - Available Mon-Fri 08:00-20:00 (excluding bank holidays)
- Live Chat: The in the bottom right corner throughout the website
<https://www.childbereavementuk.org/Listing/Category/teenagers>
- Email: ask@childbereavementuk.org or through the form
<https://www.childbereavementuk.org/on-demand>
- Text: 07418 341 800

Siblings

- **Sibling Support** (info/support/helpline). 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. They also have a dedicated sibling support helpline, run by Child Bereavement UK.
<https://www.siblingsupport.co.uk/>
 - Phone: 0800 1026 175
 - Available Mon-Fri 09:00-16:30 (except for Bank Holidays).

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: 0845 4500 355
 - Mon-Fri 10:00-13:00
 - 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