

Bereavement Support

For Parents and Carers

Cruse Bereavement

www.crusebereavementcare.org.uk

An accessible, individualised service supporting people in their own homes or at a community location. As well as the face-to-face support provided by specialised volunteers, Cruse also offers a helpline, email support and a range of useful websites and publications.

Helpline: 0844 477 9400
E-mail: helpline@cruse.org.uk
Local Branch: southhampshire@cruse.org.uk | 0844 879 3448

NHS Carers Direct

www.nhs.uk/CarersDirect/guide/bereavement/Pages/Bereavementsupport.aspx

Information to support those who lose someone they have been caring for. The website also provides a directory of therapy and counselling services.

Contact Tel: 0808 802 0202

Child Bereavement Charity

<http://www.childbereavement.org.uk/For/ForBereavedFamilies>

Information to support bereaved families, including an online forum for bereaved families to make contact, share experiences and concerns, and to offer support to one another.

Contact Tel: 01494 568900
E-mail: support@childbereavement.org.uk

Care For the Family

<http://www.careforthefamily.org.uk/bps/>

Support for bereaved parents, providing telephone befriending, events, newsletters, resources and articles.

Contact Tel: 029 2081 0800
E-mail: mikeandkath@cff.org.uk
Facebook: www.facebook.com/bpscff

Compassionate Friends

<http://www.tcf.org.uk/>

Support for bereaved families, including a helpline, events and an online forum.

Contact Tel: 0845 1232304
E-mail: helpline@tcf.org.uk



Bereavement Support

Specialist Services

Sands

<http://www.uk-sands.org/>

Support for those affected by neo-natal or still birth deaths.

Helpline: 020 7436 5881
E-mail: helpline@uk-sands.org
Local Branch: <http://www.southampton-sands.org.uk>
07970 981 550

SOBS UK

<http://www.uk-sobs.org.uk/>

Support for those who are bereaved by the suicide of a close relative or friend, providing information, a help line and group meetings.

Helpline: 0844 561 6855
E-mail: sobs.support@hotmail.com

British Association for Counselling & Psychotherapy

<http://www.itsgoodtotalk.org.uk/therapists/>

A directory of counselling and therapy services allowing you to search within your local area.

Bereavement Advice

www.bereavementadvice.org

Practical information, for steps to take when someone has died and advice on how to support someone who is bereaved and grieving.

Contact Tel: 0800 6349494

Sand Rose

<http://www.sandrose.org.uk/>

Providing free breaks to the bereaved, with a particular emphasis on young families.

Contact Tel: 0845 6076357
E-mail: info@sandrose.org.uk

