

# **Bereavement Support**and Contacts



#### **Bereavement Support**

# **Advice, Support and Contacts**

#### Cruse Bereavement Care

Open Monday to Friday 09.30 – 17.00

Helpline: **0844 477 9400** 

Young Person's helpline: 0808 808 1677

E: helpline@cruse.org.uk

www.crusebereavementcare.org.uk

#### The Samaritans

24 hour helpline support every day of the year for anyone in distress including those who are feeling suicidal.

Tel: **08457 90 90 90** www.samaritans.org

# WAY Foundation (Widowed And Young)

Provides a self help network across the UK to those who are bereaved through losing their partner/spouse when aged 50 or under, together with their children.

Tel: 0870 011 3450

www.wayfoundation.org.uk

#### Survivors or Bereavement by Suicide (SOBS)

Provides a self help network across the UK to those who are bereaved through losing their partner/spouse when aged 50 or under, together with their children.

Tel: **0870 2413 337** www.uk-sobs.org.uk

## Child Death Helpline

Helpline support for anyone affected by the death of a child, irrespective of the age of the child, the relationship or the length of time since the death. Provided by Great Ormond Street and Royal Liverpool Children's Hospitals.

Open every day 19.00 – 22.00, Monday to Friday 10.00 – 13.00, Wednesday 13.00 – 16.00 Tel: **0800 282986** 

www.childdeathhelpline.org

# Child Bereavement Charity

A charity that has a dual focus of training professionals who work with families and children affected by a death who also produce excellent resources that can be used by those who are bereaved.

Open every day 19.00 – 22.00, Monday to Friday 10.00 – 13.00, Wednesday 13.00 – 16.00 For the Information and Support Team:  $\bf 01494$  446648

www.childbereavement.org.uk

## Winston's Wish

Gives support for those caring for children affected by the death of a parent or a sibling and to the children themselves.

Helpline: **08452 03 04 05** www.winstonswish.org.uk

The Stillbirth and Neonatal Death Society (SANDS)

Helpline: 020 7436 5881 www.uk-sands.org

#### **Bereavement Support**

## Compassionate Friends

Support by telephone, befriending and local groups for anyone affected by the death of a child. Please note that this charity supports people irrespective of the age of the child at the time of death i.e. the child may have reached adulthood.

Open every day of the year 10.00 – 1600 and 18.30 – 22.30

Tel: **0845 123 2304** www.tcf.org.uk

#### Lesbian & Gay Bereavement Project

Support for gay men and lesbians expecting or anticipating bereavement and also for their families and friends.

Open Monday, Tuesday and Thursday 19.00 - 22.30

Tel: 020 7403 5969

## Survivors of Bereavement by Suicide

A self help organisation which exists to meet the needs of those bereaved by the suicide of a family member or anyone close to them.

Open every day 09.00 - 21.00

Tel: **0844 561 6855** www.uk-sobs.org.uk

RoadPeace

Tel: **0845 4500 355** www.roadpeace.org

#### Find a Counsellor

# British Association of Counselling & Psychotherapy

Professional association and accrediting body for counsellors.

Open Monday to Friday 08.45 - 17.00

Tel: 0870 443 5252

www.bacp.co.uk [includes a 'Find a Counsellor' section]

# Association of Christian Counsellors

Association and accrediting body for counsellors working from a specifically Christian perspective. Includes 'Find a Counsellor' on the link.

Tel: 0845 124 9569 or 0845 124 9570

www.acc-uk.org

### The Bereavement Register

Providing details of the person who has died to the Bereavement Register helps to prevent direct mailing of advertising material.

Tel: 0870 600 7222

www.the-bereavement-register.org.uk

The Centre for the Grief Journey www.griefjourney.com

#### **Bereavement Support**

#### Contact us

If you would like further information or guidance in helping you make the right decision, please telephone us to discuss options, or make an appointment for a personal consultation.

# We are here to help

Hunnaball of Colchester

01206 760049

Hunnaball of Ipswich - Norwich Road

01473 748808

Hunnaball of Ipswich - Spring Road

01473 717464

Hunnaball of Chelmsford

01245 290909

Hunnaball of Witham

01376 511592

Hunnaball of Sudbury

01787 313303

J.K. May of West Mersea

01206 382235

Geo. Paskell of Manningtree

01206 396709

Janet C. Davies of Braintree

01376 339300

Janet C. Davies of Kelvedon

01376 573691

**Hunnaball Memorials** 

01206 794747

