

BEREAVEMENT

HELPLINES

Greater Manchester Bereavement Service

Support is available to anyone within Greater Manchester, bereaved or affected by a death.

Helpline: 0161 983 0902, Monday-Friday 9am-5pm (except bank holidays), Wednesday 9am-8pm

Website: <https://greater-manchester-bereavement-service.org.uk>

Cruse Bereavement Care

The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement.

Telephone: 0808 808 1677, Monday and Friday 9.30am-5pm, Tuesday/Wednesday/Thursday 9.30am-8pm

Email: helpline@cruse.org.uk

Website: <https://www.cruse.org.uk/get-help/helpline>

Child Bereavement UK

Helpline offering bereavement support and information.

Telephone: 0800 02 888 40, Monday-Friday, 9am-5pm

Email: support@childbereavementuk.org

Live chat: <https://www.childbereavementuk.org/about-our-helpline>, Monday-Friday, 9am-5pm

NHS

NHS Bereavement Helpline is staffed by trained nurses who are highly skilled and experienced in working with bereaved families.

Telephone: 0800 2600 400, 8am to 8pm daily

ONLINE ADVICE SITES

NHS

Advice for if you are experiencing grief after bereavement or loss

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

Advice for supporting children through bereavement

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

AgeUK

Information and advice for older people on coping with bereavement.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

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At a Loss

Advice and information for those who have been bereaved during the COVID-19 pandemic, and how to support those who have been bereaved at this time.

<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

Child Bereavement UK

Advice and resources to support children and young people who are dealing with bereavement.

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Cruse Bereavement Care

Resources for dealing with bereavement and grief during the COVID-19 pandemic. It covers some of the different situations and emotions bereaved people may have to deal with.

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Mind

Information and advice about bereavement.

<https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/>

Sudden

Advice for people who have been bereaved during COVID-19, particularly by an unexpected death.

<http://www.suddendeath.org/covid-19-bereavement/advice-for-bereaved-people>

The Good Grief Trust

A support page for the newly bereaved with stories and advice from people who have been through a bereavement.

<https://www.thegoodgrieftrust.org/need-know-info/from-us-to-you/for-newly-bereaved/>

Young Minds

Information and advice for young people who are dealing with grief and loss.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>