



## Bereavement

- Child Bereavement UK (helpline/video/live chat/email)  
<https://www.childbereavementuk.org/>
- Cruse Bereavement support (daytime helpline/live chat/ info/one to one support) <https://www.cruse.org.uk/get-support/helpline/>
- Winston's wish (helpline/chat/email) provides therapeutic advice following a bereavement. <https://www.winstonswish.org/>
- Survivors of Bereavement by Suicide (support groups/ helpline/ email/ forum/ info) recommends some films, books, poetry and prose, a booklet for support after a suicide. <https://uksobs.org/>
- Blue cross (helpline/email/live chat) is a pet bereavement support service. It also has a peer support service in the form of a facebook community.  
<https://www.bluecross.org.uk/pet-bereavement-and-pet-loss>
- Information about bereavement: <https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/experiences-of-grief/>
- NHS information pack about bereavement: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>