

# Grief and Loss



Other sources  
of help and advice

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### The Compassionate Friends

TCF is an organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have experienced the death of a child or children.

Tel: 0345 120 3785

Helpline: 0345 123 2304      [www.tcf.org.uk](http://www.tcf.org.uk)

### ARC (Antenatal Results and Choices)

Was The Stillbirth and Neonatal Death Society (SATFA). They provide non-directive support and information to parents and healthcare professionals throughout antenatal testing and its consequences, when an unborn baby is diagnosed with a serious anomaly.

Tel: 020 7713 7356      Helpline: 0207 713 7486

[www.arc-uk.org](http://www.arc-uk.org)

### Cruse Bereavement Care (Based in Richmond, Surrey)

Supports children and adults after the death of someone close, over the telephone or face-to-face, and group support is delivered by trained bereavement support volunteers. They also offer information, publications and support for children.

Helpline: 0808 808 1677

[www.cruse.org.uk](http://www.cruse.org.uk)

### British Association for Counselling & Psychotherapy

A professional body based in Leicestershire. They aim to supply information and knowledge about counselling and psychotherapy to enable a move towards an emotionally healthy society.

Tel: 01455 883300      [www.bacp.co.uk](http://www.bacp.co.uk)

### British Humanist Association (Bereavement)

BHA work on behalf of non-religious people who seek to live ethical lives on the basis of reason and humanity. They promote Humanism, a secular state, and equal treatment of everyone regardless of religion or belief.

Tel: 020 7324 3060      [www.humanism.org.uk](http://www.humanism.org.uk)

### Freedom from Torture

#### (was Medical Foundation for the Care of Victims of Torture)

Provide direct clinical services to survivors of torture who arrive in the UK, as well as striving to protect and promote their rights.

Tel: 020 7697 7777      [www.freedomfromtorture.org](http://www.freedomfromtorture.org)

### Penny Brohn UK

A charity based in Bristol, offering an holistic approach to cancer sufferers. Information available on courses, therapies, support groups and research.

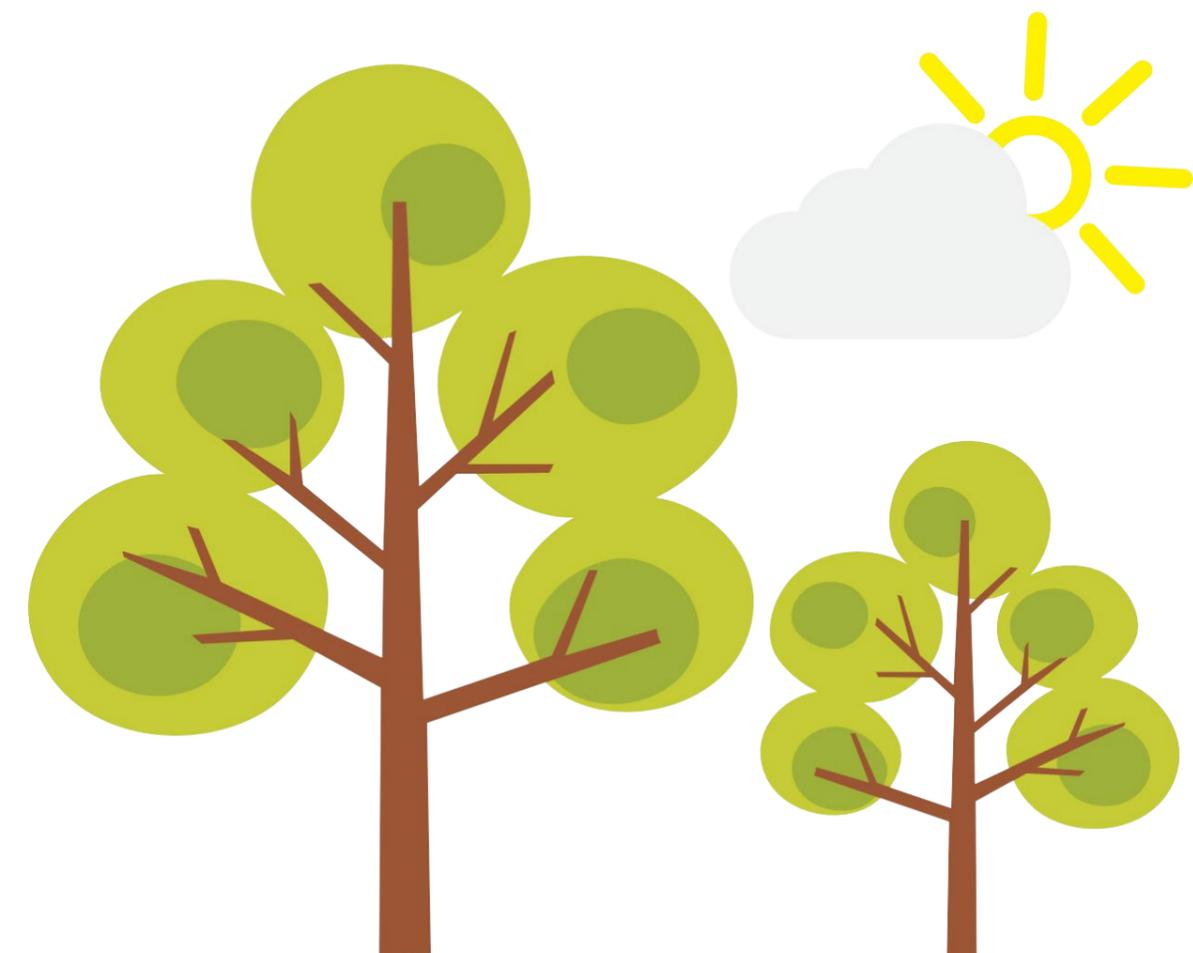
Tel: 0303 3000 118      [www.pennybrohn.org.uk](http://www.pennybrohn.org.uk)

### Family Lives (was Parentlineplus).

Helping parents to deal with the changes that are a constant part of family life. They support families to achieve the best relationship possible with the children that they care about, as well as supporting parenting professionals.

Tel: 020 3727 3571      Helpline: 0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)



### Chai Cancer Care (Jewish Cancer Support Group)

They provide services to any member of the Jewish community affected by cancer - patients, their families and friends.

Tel: 020 8202 2211 Helpline: 0808 808 4567

[www.chaicancercare.org](http://www.chaicancercare.org)

### Gingerbread (Single Parent Families)

Provide free advice and practical support for single parents. Advisers answer their helpline, They campaign to improve the lives of all single parent families.

Tel: 020 7428 5400 Helpline: 0808 802 0925

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

### CRY (Cardiac Risk in the Young) (Based in Leatherhead, Surrey)

Working to reduce the frequency of young sudden cardiac death (YSCD). CRY supports young people diagnosed with potentially life-threatening cardiac conditions and offers bereavement support to families affected by YSCD.

Tel: 01737 363222 [www.c-r-y.org.uk](http://www.c-r-y.org.uk)

### The Jewish Bereavement Counselling Service

A service dedicated to bereavement counselling. JBCS is committed to ensuring that professional, skilled and confidential bereavement counselling is available to everyone in the Jewish Community.

Tel: 020 8951 3881 [www.jbcs.org.uk](http://www.jbcs.org.uk)

### Child Bereavement UK (Based in Buckinghamshire)

Support families and educate professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Providing confidential support, information and guidance to families and professionals

[helpline@childbereavementuk.org](mailto:helpline@childbereavementuk.org) Helpline: 0800 028 8840

[www.childbereavementuk.org](http://www.childbereavementuk.org)

### Lullaby Trust (was Foundation for the Study of Infant Deaths)

The Lullaby Trust provides specialist support for bereaved families and anyone affected by a sudden infant death.

Bereavement support: 080 8802 6868 Information & Advice 0808 802 6869

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

### The Child Death Helpline

The helpline offers support to anyone affected by the death of a child of any age, under any circumstances, however recent or long ago.

Tel: 020 7813 8416 Freephone: 0800 282 986

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

### MacMillan Cancer Relief (incl. BACUP)

They provide practical, medical and financial support and push for better cancer care.

Helpline: 0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

### CHILDLINE (Part of the NSPCC)

ChildLine is a free private and confidential service for children and young people up to the age of 19. A counsellor can be contacted about anything - no problem is too big or too small.

Tel: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

### The Miscarriage Association (based in Wakefield)

Founded by a group of people who had experienced miscarriage and continues to offer support and information to anyone affected by the loss of a baby in pregnancy, to raise awareness and to promote good practice in medical care.

Helpline: 01924 200799

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### SAMM (Support After Murder and Manslaughter)

Offers support to those bereaved by the murder or manslaughter (homicide) of a family member or close friend and parents of murdered children.

Tel: 0121 472 2912 Text: 07342 888570

[www.samm.org.uk](http://www.samm.org.uk)

### The Samaritans

Work to achieve a vision that fewer people die by suicide by alleviating emotional distress and reducing the incidence of suicide feelings and suicidal behaviour. They support anyone in distress and will help with any problem (large or small).

HelpLine: 116 123 [www.samaritans.org](http://www.samaritans.org)

## PACT (Prison Advice & Care Trust)

Pact is a national charity which supports people affected by imprisonment. They provide practical and emotional support to prisoners' children and families, and to prisoners themselves.

Helpline : 0808 808 2003

[www.prisonadvice.org.uk](http://www.prisonadvice.org.uk)

## The Stillbirth and Neonatal Death Society (SANDS)

Support anyone affected by the death of a baby, working to improve the care bereaved parents receive and promoting research to reduce the loss of babies lives.

Tel: 020 7436 7940 Helpline: 0808 164 3332

[www.uk-sands.org](http://www.uk-sands.org)

## PAPYRUS (Prevention of Young Suicide) Based in Cheshire.

Help to reduce the number of young people who take their own lives by overcoming the stigma of suicide and equipping young people and their communities with the skills to recognize and respond to suicidal behaviour.

Helpline: 0800 068 41 41 Text: 07860 039 967

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## Survivors of Bereavement by Suicide (SOBS)

Helps to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

Tel: 0115 9441117 Helpline: 0300 111 5065

[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

Punjabi Speaking Women's Group – Contact [birmingham@uksobs.org](mailto:birmingham@uksobs.org) or 07376 303 438

## The Refugee Council

Work with refugees and people seeking asylum in the UK and offer practical support and advice throughout the time they stay in the UK.

Tel: 0808 196 7272 [www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

## Road Peace

Support road crash victims to ensure the trauma they suffer is acknowledged. They research and document the experiences of road crash victims, using the findings to inform and influence policy makers, agencies, the media and the public.

[helpline@roadpeace.org](mailto:helpline@roadpeace.org) Help Line: 0800 160 1069

[www.roadpeace.org](http://www.roadpeace.org)

## Together for Short Lives (was ACT - Association for Children's Palliative Care)

Supports children with life-threatening and life-limiting conditions. They support families, professionals and services, including children's hospices.

Helpline: 0808 8088 100

[www.togetherforshortlives.org.uk](http://www.togetherforshortlives.org.uk)

## SADS UK (Sudden Adult Death Syndrome or Sudden Arrhythmic Death Syndrome).

Now linked to CRY (Cardiac Risk in the Young) see above.

Information for the family and relatives of a young person who has died of Sudden Arrhythmic Death Syndrome.

[www.sads.org.uk](http://www.sads.org.uk) Tel: 01737 363222

## Winstons Wish (Childhood Bereavement Charity based in Cheltenham)

Winston's Wish offers practical support and guidance to bereaved children, their families and professionals.

Helpline: 08088 020 021

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

## SUDEP Action (Sudden Unexpected Death in Epilepsy) Based in Oxon.

Care for the bereaved and work with families of epilepsy-related deaths. They also work with professionals to make changes using research and obtain the answers that will help save lives.

Tel: 01235 772850

[www.sudep.org](http://www.sudep.org)

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