

# BEREAVEMENT

## HELPLINES

### **Greater Manchester Bereavement Service**

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

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

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

### **Greater Manchester Suicide Bereavement Information Service**

Telephone: 0161 212 4919 Monday – Friday, 10am - 4pm (Excluding bank holidays)

Email: [SB.IS@nhs.net](mailto:SB.IS@nhs.net)

Website: [www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

### **Caribbean and African Health Network**

Light Bereavement Service – cultural and religiously appropriate specialist service for the Caribbean and African community living in Greater Manchester. Support is available in English, French and Portuguese

To make a referral, please email [bereavement@cahn.org.uk](mailto:bereavement@cahn.org.uk) or call 07710 022382, 9am-9pm daily (please note that this is also the COVID-19 helpline. Caller's details are taken and case is assigned to a counsellor who rings the service user or referrer)

Website: <https://www.cahn.org.uk/bereavement/>

### **Cruse Bereavement Care**

Telephone: 0808 808 1677, Monday and Friday 9.30am-5pm, Tuesday/Wednesday/Thursday 9.30am-8pm, Saturday and Sunday 10am-2pm

Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

### **Child Bereavement UK**

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

Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

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

### **Sudden**

Helpline for if someone you love has died in a way that you consider sudden or shocking.

Telephone: 0800 2600 400, Monday-Friday 10am-4pm

Email: [help@sudden.org](mailto:help@sudden.org)

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## 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/>

### **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>

### **Children of Jannah**

This page includes free resources on a range of topics to support bereaved Muslim parents.

<https://www.childrenofjannah.com/resources>

### **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>

### **Gaddum Centre**

Advice on talking to children and young people about coronavirus and bereavement.

[https://www.gaddumcentre.co.uk/wp-content/uploads/2020/04/Gaddum-Child-Bereavement-Coronavirus-Advice\\_compressed.pdf](https://www.gaddumcentre.co.uk/wp-content/uploads/2020/04/Gaddum-Child-Bereavement-Coronavirus-Advice_compressed.pdf)

### **Mental Health Foundation**

Information about change, loss and bereavement during the COVID-19 outbreak.

<https://www.mentalhealth.org.uk/coronavirus/change-loss-bereavement>

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### **Mind**

Information and advice about bereavement.

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

### **Sakoon**

A blog with 7 pieces of advice for every Muslim losing a loved one.

<https://www.sakoon.co.uk/blog/7-pieces-of-advice-for-every-muslim-losing-a-loved-one/>

### **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/>

### **Winston's Wish**

Website for young people who are grieving with advice and stories

<https://help2makesense.org>