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)
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
Website: https://shiningalightonsuicide.org.uk/bereaved-by-suicide/

Caribbean and African Health Network
Light Bereavement Service – cultural and religiously appropriate specialist service for the Caribbean and African community living in Greater Manchester.
To make a referral, please email 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/counselling-service/

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

Child Bereavement UK
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

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

Muslim Bereavement Support Service
A non-profit organisation supporting bereaved Muslim women who have lost a loved one.
Telephone: 020 3468 7333
Email: info@mbss.org.uk
Website: https://mbss.org.uk/

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ONLINE ADVICE SITES

NHS
Advice for if you are experiencing grief after bereavement or loss
Advice for supporting children through 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.

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.

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

Mental Health Foundation
Information about change, loss and bereavement during the COVID-19 outbreak.
https://www.mentalhealth.org.uk/coronavirus/change-loss-bereavement
BEREAVEMENT

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.

Winston’s Wish
Website for young people who are grieving with advice and stories
https://help2makesense.org