

Support during your bereavement journey

LOCAL CONTACTS:

Cruse Bereavement Care Bucks offers support to anyone suffering loss by death and can be contacted on **01494 511117** alternatively the National Hotline **0808 808 1677** or visit www.cruse.org.uk

Child Bereavement UK offers support for families and professionals when a child of any age dies or when a child grieves. Please call **01494 569051** or email bucksfamilysupport@childbereavementuk.org
Information and live chat on the website: www.childbereavementuk.org or **0800 028 8840** for the helpline.

Bereavement Listening and Support Service offers bereavement support to anyone registered with a Buckinghamshire GP (based at Florence Nightingale Hospice). Please call: **01296 332600**

South Bucks Counselling offers support in High Wycombe and South Bucks area for adults faced with bereavement: **01494 440199** or www.southbuckscounselling.org

Relate offers counselling support to individuals, couples and families where relationships have been affected by grief and loss: www.relatemtbc.co.uk or **01296 427973**

Buckinghamshire MIND provides counselling to adults with a wide range of mental health needs including bereavement. We also support adults, children/young people and families who have lost someone to suicide or suspected suicide. Please call **01494 463364** or visit www.bucksmind.org.uk

Lindengate@Home is for anyone who is suffering with the effects of COVID-19 or social isolation: **01296 622443** or www.lindengate.org.uk

Oxford Health NHS Foundation Trust provides NHS mental health services in Buckinghamshire for children, adults and older adults. These services will be helpful for those experiencing complex grief or trauma. Contact the 24/7 Mental Health Helpline on: **01865 904997 (adults/older adults)**
01865 904998 (children/young people)

For adults feeling low, anxious or stressed, call **Healthy Minds** on 01865 901600 or visit: www.oxfordhealth.nhs.uk/healthyminds

Please also see the OHFT leaflet 'Coping with Coronavirus. Bereavement'
www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf

NATIONAL CONTACTS:

Compassionate Friends is a charitable organisation dedicated to the support and care of bereaved family members: **0345 123 2304** or www.tcf.org.uk

Independent Age provides information and advice on a range of subjects including welfare, legal and financial help: **0800 319 6789** or www.independentage.org/information/personal-life/when-someone-dies

Marie Curie provides information on a range of issues including practical, legal and financial. Please call **0800 090 2309** or visit www.mariecurie.org.uk/help/support/supportdirectory/bereavement-support/coping

At a Loss has a website with useful bereavement resources: www.ataloss.org

For emotional and practical support following suicide: www.gov.uk/government/news/you-are-not-alone-help-is-at-hand-for-anyone-bereaved-by-suicide
or
www.supportaftersuicide.org.uk/support-guides/finding-the-words/

When someone in the UK dies, information about what needs to happen next can be found at www.gov.uk/after-a-death