

# 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](http://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](mailto:bucksfamilysupport@childbereavementuk.org)  
Information and live chat on the website: [www.childbereavementuk.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.oxfordhealth.nhs.uk/wp-content/uploads/2020/03/OH-008.20-Coronavirus-and-bereavement-Local-v2.pdf)

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## 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](http://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](http://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](http://www.mariecurie.org.uk/help/support/supportdirectory/bereavement-support/coping)

**At a Loss** has a website with useful bereavement resources: [www.ataloss.org](http://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](http://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/](http://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](http://www.gov.uk/after-a-death)