



# Sources of Help for the Bereaved

Grief is a normal human response to a significant loss. Be patient with yourself—do not compare yourself to anyone else. The worst kind of grief is yours—loss is very personal.

Grief is unpredictable—you may experience a wide variety of emotions and reactions you have never faced before. This can be a painful and complicated process, sometimes medical advice or counselling can help.

## Help is at hand...

We have a booklet available to all our client families which may give you a better insight into the grieving process, this is entitled *Now What?* Please ask for a complimentary copy from any of our funeral homes.

We are also able to offer free grief care and bereavement support through SAIFCare, a separate leaflet is available, please enquire with your funeral arranger or our receptionist.



## Some useful contact details for additional sources of help...

**CRUSE Bereavement Care** [www.cruse.org.uk](http://www.cruse.org.uk) Bereavement counselling for all, irrespective of the time since the bereavement. Telephone: 0808 8081677

**SAMARITANS** [www.samaritans.org](http://www.samaritans.org) Emotional support for those in emotional distress. Telephone: 116 123

**Child Bereavement UK** [www.childbereavement.org](http://www.childbereavement.org) The UK's leading charity that supports families and educates professionals both when a child dies and when a child is bereaved. Telephone: 01954 568900

**The Child Funeral Charity** [www.childfuneralcharity.org.uk](http://www.childfuneralcharity.org.uk) Child Funeral Charity (CFC) assists families financially in England and Wales who have to arrange a funeral for a baby or child aged 16 or under. Telephone: 01480 276088

**Age Concern** [www.ageconcern.org.uk](http://www.ageconcern.org.uk) Information & advice for older people and for those concerned about older people. Telephone: 0800 055 6112

**The Compassionate Friends** [www.tcf.org.uk](http://www.tcf.org.uk)  
Offering support for bereaved families. Telephone: 0345 123 2304 Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

**ROADPEACE** [www.roadpeace.org](http://www.roadpeace.org) A national charity for road crash victims and their families. Telephone: 0845 450 0355 (helpline Mon—Fri) Email: [helpline@roadpeace.org](mailto:helpline@roadpeace.org)

**Survivors of Bereavement by Suicide** [www.uksobs.org](http://www.uksobs.org) Telephone: 0300 1115065  
Email: [sobs.admin@care4free.net](mailto:sobs.admin@care4free.net)

**SAMM—Support after murder and manslaughter** [www.samm.org.uk](http://www.samm.org.uk) Telephone: 0845 8723440  
Email: [support@samm.org.uk](mailto:support@samm.org.uk)

**SANDS** [www.uk-sands.org](http://www.uk-sands.org) Stillbirth and Neonatal Death Society. Telephone: 0808 1643332  
Email: [helpline@uk-sands.org](mailto:helpline@uk-sands.org)

