



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 Bereavement counselling for all, irrespective of the time since the bereavement. Telephone: 0808 8081677

SAMARITANS www.samaritans.org Emotional support for those in emotional distress. Telephone: 116 123

Child Bereavement UK 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 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 Information & advice for older people and for those concerned about older people. Telephone: 0800 055 6112

The Compassionate Friends www.tcf.org.uk
Offering support for bereaved families. Telephone: 0345 123 2304 Email: helpline@tcf.org.uk

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

Survivors of Bereavement by Suicide www.uksobs.org Telephone: 0300 1115065
Email: sobs.admin@care4free.net

SAMM—Support after murder and manslaughter www.samm.org.uk Telephone: 0845 8723440
Email: support@samm.org.uk

SANDS www.uk-sands.org Stillbirth and Neonatal Death Society. Telephone: 0808 1643332
Email: helpline@uk-sands.org

