

Do you need to speak with someone now?

24 HOUR SUPPORT LINES		
Childline	0800 1111	Support for under 25s and their relatives
Crisis Messenger – The Mix	Text THEMIX to 85258	Crisis support across the UK for those aged 25 or under
Samaritans	116 123	For anyone at any time for any reason
Silverline	0800 470 8090	Support for the over 50s
Way Widowed & Young	01332 869222	Bereavement support up to the age of 50

DAY / EVENING SUPPORT LINES		
Amparo Suffolk	0330 088 9255	Following a suspected suicide Amparo offers 1-2-1 individual support, practical help and signposting to local services that can help.
Anxiety UK	03444 775 774	Monday to Friday 9.30am-5.30pm
Bereavement Advice Centre	0800 634 9494	Practical advice 9am – 5pm
Bereavement Trust	0800 435 455	Emotional & practical advice 6-10pm
Brake	0808 0000 401	Support after road death
Carers UK	0808 808 7777	Mondays & Tuesdays 10am-4pm
Cruse	0808 808 1677	Nationwide Bereavement Support
Child Bereavement UK	0800 02 88840	Helpline 9-5pm
	0800 282 986	Every evening 7-10pm
Child Death Helpline	0800 282 986	Every evening 7-10pm
	0808 800 6019	Mon, Thurs, Fri 10am-1pm Tues/Weds 10am-4pm
Compassionate Friends	0345 123 2304	Every day 10am-4pm and 7-10pm
Dying Matters	dyingmatters.org	Support & resource information
End of Life Doula Support	07887 840663	An End of Life Doula is there to support a person, and those that they love, with a terminal diagnosis.
Grief Encounters	0808 802 0111	Monday to Friday 9am-9pm
Hope Again	0808 808 1677	Young people coping with bereavement and living after loss Monday to Friday 9.30am-5pm
Kernos Centre	01787 882883	Counselling support for people with emotional and psychological difficulties
Lullaby Trust	0808 802 6868	Bereavement support for sudden death of a baby Monday to Friday 10am-5pm Weekends 6pm-10pm
Mind	mind.org.uk	Legal information and general advice on mental health related law
National Debt Helpline	0808 808 4000	Monday to Friday 9am-8pm Saturday 9.30am-1pm
Survivors of Bereavement by Suicide (SOBS)	0300 111 5065	9am-9pm every day

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Sibling Support	0800 028 8840	Helping children cope with the death of a brother or sister
Way Up	way-up.co.uk	Bereavement support forum for those aged 51 and above.