

Do you need to speak with someone now?

24 HOUR SUPPORT LINES		
Child line	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
Silver line	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 cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief	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
	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.
GriefChat	griefchat.co.uk	Online chat & webcam counselling
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

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		on mental health related law
National Debt Helpline	0800 808 4000	Monday to Friday 9am-8pm Saturday 9.30am-1pm
Suffolk Night Owls	0300 111 6000	Nightly from 7.00pm to 1.00am Available in Suffolk to anyone who needs emotional support including those with complex emotional needs
Survivors of Bereavement by Suicide (SOBS)	0300 111 5065	9am-9pm every day
Sibling Support	0800 028 8840	Helping children cope with the death of a brother or sister
Sue Ryder	community.sueryder.org	Bereavement discussion forum
Way Up	way-up.co.uk	Bereavement support forum for those aged 51 and above.

OTHER USEFUL SERVICES

At A Loss	ataloss.org	Charitable movement of people across the UK who are passionate about enabling the bereaved to receive the support that they need - in easing the pain together
Care for the Family	careforthefamily.org.uk	Bereavement- how other people can help-pdf
Clasp	clare-suffolk.co.uk/community/clasp	Provides help for people in need, from whatever cause, in Clare and the surrounding area and to provide social and recreational facilities to improve the quality of life of anyone who could benefit, both young and old
Fine Not Fine	07500 978042 info@finenotfine.org.uk	Young people's mental health particularly focused in our home area of West Suffolk
Good Grief Trust	Thegoodgrieftrust.org	The Good Grief Trust exists to help all those suffering grief in the UK.
Green Light Trust	greenlighttrust.org	Supports people from all backgrounds and experiences to rebuild, reawaken or refocus their lives through the power of nature
Fine Not Fine	07500 978042	Young people's mental

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	info@finenotfine.org.uk	health particularly focused in our home area of West Suffolk
Loss Foundation	thelossfoundation.org/services/understanding-bereavement	Explanations of common grief reactions
Scotty's Little Soldiers	08000 928 571 hello@scottyslittlesoldiers.co.uk	A charity dedicated to supporting children & young people who have lost a parent whilst serving in the British Armed Forces
Suffolk On Board	01440 712028	Volunteer bus connecting communities
Stonewall	0800 050 2020	Gender identity and LGBTQ+
Terence Higgins Trust	0808 802 1221	Provides services relating to sexual health and HIV
Willow Foundation	willowfoundation.org.uk	Working with seriously ill young adults aged 16-40 to fulfil uplifting and unforgettable special days.

PODCASTS AND VIDEOS

<u>GriefCast</u>	cariadlloyd.com/griefcast	Human experiences of grief and death - but with comedians
<u>WhatsYourGrief</u>	whatsyourgrief.com/grief-podcast	Providing griever with more diverse options for grief support.
Good Grief Trust	youtube.com/channel/UCDuWiHOY-tir77d990PteRQ/videos	Videos around grief experiences from the Good Grief Trust