

Bereavement Support across Cumbria & Nationally

General Bereavement Support		
The Good Grief Trust	https://www.thegoodgrieftrust.org/	A directory of Bereavement support under one umbrella - range of different types of bereavement support available – nationally and locally
Grief Chat	Website - www.griefchat.co.uk Webpage to Chat with a bereavement counsellor - www.griefchat.co.uk/chat	Provides instant webchat with a bereavement counsellor free of charge to any bereaved person, anywhere in the world.
CLIC – Let’s Talk Bereavement – Cumbria Support	https://www.theclic.org.uk/improve/lets-talk-bereavement/	Info. on project, signposting to bereavement support
Hospice at Home West Cumbria	Tel: 01900 233110 https://hospiceathomewestcumbria.org.uk/service/family-bereavement-services/	Range of bereavement support incl. for those with learning disabilities & autism
Cruse Bereavement Care Cumbria	Voicemail 0300 6003434 - SELF REFERRALS only Cumbria Branch email cumbria@cruse.org.uk www.cruse.org.uk	Bereavement support to help you no matter how long you've been grieving.
Eden Valley Hospice	Tel. 01228 810801 https://www.edenvalleyhospice.org/our-care/patient-and-family-support/counselling/bereavement-support	Provide support including bereavement counselling
Hospice at Home Carlisle & North Lakes	Tel: 01228 608942 https://www.hospiceathome.co.uk/about-us/family-support/	Family support provided & referral taken from professionals, patients, carers, families & friends
North Cumbria Integrated Care NHS Foundation Trust Bereavement Services:	Tel 01228 616878 or 01946 523309	Bereavement support services
St John’s Hospice (South Lakes)	https://www.sjhospice.org.uk/bereavement-support-offer/ Tel. 01524382538	Range of bereavement support incl. regular Grief Cafe
St Mary’s Hospice (Furness)	Tel. 01229 580305 https://www.stmaryshospice.org.uk/our-care/families/bereavement-support/	Family & Bereavement Support for patients throughout their illness and for their families and carers, leading up to and following bereavement.
Network Health	https://network-health.org.uk/	Supports pastoral, spiritual, and religious care in healthcare, particularly at end-of-life
Interfaith and Multi-faith	https://www.interfaith.org.uk/contact	Interfaith & Multi-faith contact for signposting

Bereavement Support across Cumbria & Nationally

Marie Curie	https://www.mariecurie.org.uk/help/support/bereaved-family-friends	Support for bereaved families & friends
Age UK	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/ https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukig32_bereavement_inf.pdf	Information & signposting to bereavement support Publication - Coping with the death of a loved one
Cumbria County Council	https://www.cumbria.gov.uk/publichealth/bereavement.asp	Information about local bereavement support
Churches together in Cumbria (CTiC)	https://www.churchestogethercumbria.org.uk/	Signposting to a church or minister
Cancer Care (South Cumbria)	Tel. 03330 150 628 https://cancercare.org.uk/assets/images/Bereavement-leaflet-Adult.pdf	Bereavement support leaflet with contact details and further information
Samaritans (Carlisle)	Tel: 116 123 free from any phone or 0330 094 5717 local call charges apply www.samaritans.org/branches/carlisle	Someone to listen to you when you need to talk
Samaritans (West Cumbria)	Tel: 116 123 free from any phone or 0330 094 5717 local call charges apply www.samaritans.org/branches/whitehaven	Someone to listen to you when you need to talk
Samaritans (Furness and South Lakes)	116 123 free from any phone or 0330 094 5717 local call charges apply www.samaritans.org/branches/barrow/	Someone to listen to you when you need to talk
Good Thinking	https://www.good-thinking.uk/bereavement/	Bereavement support signposting and advice
Alzheimer's Society	https://www.alzheimers.org.uk/get-support/help-dementia-care/grief-loss-and-bereavement	Support & advice for those bereaved through dementia
Forget me knot for Dementia Loss	https://m.facebook.com/groups/277151730075728/	A private group who have lost loved ones to dementia. Group has been created so that members can keep memories of their loved ones alive and be able to grieve and express their feelings in a safe space

Bereavement Support across Cumbria & Nationally

Hospice at Home West Cumbria	Tel. 01900 233110 https://hospiceathomewestcumbria.org.uk/easy-read-information/	Local support & information for those with learning disabilities that have been bereaved.
National Autistic Society	https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/professionals	Guidance & information to support someone with autism who has been bereaved
Autism Speaks	https://www.autismspeaks.org/grief-and-bereavement-resources	Grief & Bereavement resources for people with autism
Marie Curie (Learning Disabilities bereavement support)	https://www.mariecurie.org.uk/blog/feelings-you-might-have-when-someone-dies-a-new-booklet-on-grief-for-people-with-learning-disabilities/259254#:~:text=Communicating%20openly%20and%20honestly%2C%20having,feelings%20during%20the%20grieving%20process.	Booklet & Easy Read information when supporting a person with Learning Disabilities when they are bereaved
Homeless Palliative Care Toolkit	http://www.homelesspalliativecare.com/bereavement-2/	Resources to support the homeless in grief & palliative care
BEAD – Bereaved through Alcohol & Drugs	https://www.beadproject.org.uk/	Info. support & hope for anyone whose loved one has died as a result of drug or alcohol use.
DrugFam	https://www.drugfam.co.uk/bereavement/	Support for those bereaved through drug & alcohol addiction
NHS Scotland Support around Death	https://www.sad.scot.nhs.uk/bereavement/supporting-lgbtplus-people-around-bereavement/	Advice & guidance when supporting LGBT+ people around bereavement
Bereavement by Suicide Support & Traumatic Death – Local & National		
NHS Every Mind Matters	https://www.nhs.uk/every-mind-matters/life-challenges/bereavement-and-traumatic-events/	Advice & guidance about bereavement and traumatic events
Every Life Matters Cumbria	Tel. 07588 016 166 Email: support@every-life-matters.org.uk Website: https://www.every-life-matters.org.uk/affected-by-suicide/	Support for those bereaved by suicide. Focused in the first months after the bereavement, but organisation want to be there for you in the long term.
Suicide Bereavement Support Cumbria (& surrounding area)	Tel. 07572 975 721 or 07896 703 757 Email: hello@sbs.org.uk Website: www.sbs.org.uk/	Support for those bereaved by suicide for people to find support
Survivors of Bereavement by Suicide	Tel. 0300 111 5065 https://uksobs.org/?doing_wp_cron=1667216182.2363789081573486328125	Support & resources for those bereaved by suicide

Bereavement Support across Cumbria & Nationally

Samaritans	https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide	Support groups for people bereaved by suicide
BRAKE	Tel. 0808 8000 401 https://www.brake.org.uk/how-we-help/get-help-if-a-crash-victim/information-and-advice-after-road-death-or-serious-injury#coping-with-grief-when-someone-you-love-is-killed-in-a-road-crash	Support and guidance for those bereaved through road accidents
Sudden	https://sudden.org/help-for-adults/	Support resources for those bereaved by sudden death
Pre-natal & Baby/Children & Young People		
Name of Organisation/Group	Contact Details	Type of Support
Child Bereavement UK (Cumbria)	Face to face in Kendal & Carlisle. Elsewhere available by telephone/video/instant messenger. Tel. 0800 02 888 40 Email: northsupport@childbereavementuk.org Website: www.childbereavementuk.org	Providing bereavement support to children and families. Wide range of different resources & support available on website Training events also available on website Support & guidance also available for professionals via helpline/resources & training
Cumbria County Council	https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs	Bereavement in Educational Settings - A Guide for Schools
North Cumbria Integrated Care NHS Foundation Trust Bereavement Services	https://www.ncic.nhs.uk/news/baby-loss-resources	Signposting and support after the death of a baby
Bluebell (South Cumbria)	Tel. 07516556081 or 07849400315 Website: www.bluebell.org.uk	Provide free support for people experiencing grief associated with loss during pregnancy, the death of a baby, child or young person
Eden Valley hospice and Jigsaw Children's Hospice	Tel. 01228810801 Website: https://jigsawhospice.org/	<i>Jigsaw</i> is Cumbria's Children's Hospice. We provide support to children and young adults with life limiting conditions throughout the county.
Stillbirth and neonatal death charity (Sands) East Cumbria (Facebook Group) National Helpline	Local: http://www.facebook.com/East-Cumbria-Sands-2202217466682708 Sands Helpline - 0808 164 3332 Email: helpline@sands.org.uk UK Website: https://www.sands.org.uk/	Bereavement support services both nationally through Freephone helpline, mobile app, online community & resources. Local & UK-wide network of support

Bereavement Support across Cumbria & Nationally

Forget Me Not Centre – St John’s Hospice, Lancaster	Tel. 01524382538 Website: https://www.sjhospice.org.uk/forgetmenotcentreinfo/	Providing bereavement & grief support to children, young people & families.
Time To Share Bereavement Services CIC/ A not for profit organisation	Tel: 07926385262 (between 9am-3pm Mon-Fri) Email: timetoshareberservice@gmail.com Website: https://timetosharecopeland.co.uk/	Provide specialist therapeutic support for children and young people in Copeland, 1:1 and in groups. This is commissioned by schools and other agencies. Their community group includes support for parents/ guardians focusing on the children and young people's needs.
Hope Again	https://www.hopeagain.org.uk/	Youth website of Cruse Bereavement Support. A safe place where young people can learn how to cope with grief, and feel less alone.
Tigerlily Trust	Email: enquiries@tigerlilytrust.co.uk Website: http://www.tigerlilytrust.co.uk/ Facebook: https://www.facebook.com/TigerLilyTrust/	Closed friendship support group for bereaved parents. Support following baby loss
Kooth	https://www.nenc-healthiertogether.nhs.uk/health-for-young-people/staying-healthy/kooth	Online mental health support for children & young people to feel safe & confident in exploring their concerns & seeking professional support.
Silent Footprints	Gail Dobson Burns - 07825152936 Jenn Taylor - 07825223796 Email: silentfootprints2019@gmail.com Website: https://www.silentfootprintsfoundation.org/	Support for those who have suffered from pregnancy loss at any stage including miscarriage, ectopic pregnancy, stillbirth, medical termination and infant loss
Bereavement in Educational Settings - A Guide for Schools	Website: https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/advice.page?id=2imoH2hBqTs	Information to enable schools to manage their own difficulties, drawing on their own resources and accessing additional support, advice or information from other agencies where appropriate.
Care for the Family UK wide with some local teams	Tel. No.029 2081 0800 Website: https://www.careforthefamily.org.uk/?s=Bereavement	Care for the Family provides a wide range of support in three key areas of family life – marriage, parenting and bereavement
Lullaby Trust	Bereavement support helpline on 0808 802 6868 or Email: support@lullabytrust.org.uk Website: www.lullabytrust.org.uk/bereavement-support/	Support for anyone affected by the sudden and unexpected death of a baby or young child
Winston’s Wish	Helpline: 08088 020 021 Email: ask@winstonswish.org	Bereavement support to children, young people (up to 25) & their families after the death of a parent,

Bereavement Support across Cumbria & Nationally

	Website: https://www.winstonswish.org/supporting-you/	sibling or important person, along with online resources & training for professionals.
Ruth Strauss Foundation	Website: https://ruthstraussfoundation.com/support/#resources	Family Support Service & resources
Love Em	https://love-em.co.uk/	Aim is to offer families an opportunity to use sport and hobbies to help with emotional distress that children may be suffering. They can provide funding to cover a wide range of activities that are tailored to each individual family's interests and hobbies.