

**Edward's  
Trust**

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# DIRECTORY

Of Bereavement Organisations & Resources

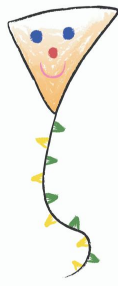
AUG 2020

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[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)







# Edward's Trust

Supporting children and families who are  
facing loss and surviving bereavement

We offer an holistic bereavement care service to adults who have lost a child, or to children and young people following the death of a parent, carer or sibling in Birmingham and the West Midlands. We also offer pre-bereavement support.

Support for adults can involve counselling and wellbeing therapies including therapeutic massage, aromatherapy, mindfulness and reiki.

Our work with bereaved children & young people includes one to one counselling, art therapy, support groups at our bereavement centre, outreach work in schools and social activities.

Due to on-going government guideline updates relating to Covid 19 , Edward's Trust is closed for face to face counselling and wellbeing support until June 2020 . We are reviewing the latest Government guidance and planning for when we will be able to provide a limited face to face service. We hope this will start in June. We are continuing to offer remote support via telephone, zoom and facetime

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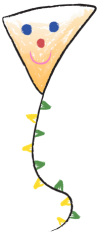
Admin@edwardstrust.org.uk

[www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

3 Vicarage Road, Edgbaston, Birmingham B15 3ES

This Directory is intended to support our work and signposts to other organisations and other resources in similar or related fields. It is a working document and will be updated on a regular basis.





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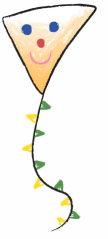
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# National Bereavement Charities



## Child Bereavement UK

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)

Helpline: 08000288840

Live Chat via website

Email: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

Supports families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement

## Cruse Bereavement Care

Website: [www.cruse.co.uk](http://www.cruse.co.uk)

Free Helpline: 08088081677 (Mon-Fri 9.30-5pm. Ext hrs till 8pm Tues, Weds, Thurs. Sat & Sun 10am-2pm)

Email: [info@cruse.org.uk](mailto:info@cruse.org.uk) or [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Cruse is a National organisation supporting bereaved people with local branches including Birmingham. Sandwell, Solihull, Walsall & Wolverhampton.

## Grief Encounter

Website: [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

Tel: 08088020111

Web Chat [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

Email: [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

Support for bereaved children and their families. Also supporting frontline staff at present



## **Good Grief Trust**

Website: [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

Email: [hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)

Pop-up Grief Cafes currently online via Zoom

Information & Signposting for any type of bereavement.

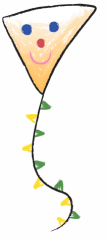
## **At A Loss**

Website: [www.ataloss.org](http://www.ataloss.org)

Resources & signposting



# Child/Baby Death



## **The Lullaby Trust**

Website: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

Helpline: 08088026868

Email: [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

A listening service for anyone affected by the sudden death of a baby or young child plus information & befriending service. Raises awareness of sudden infant death syndrome (SIDS)

## **Sands**

Website: [www.sands.org.uk](http://www.sands.org.uk)

Helpline: 08081643332

Email: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

Sands Bereavement Support App – Download from App Store or GooglePlay

Local Support Groups and Online community for anyone who is affected by the death of a baby including health workers.

## **The Child Death Helpline - SUSPENDED due to Covid19**

Website: [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

Free phone on landlines: 0800 282 986

Free phone on mobiles: 0808 282 986

Email: [contact@childdeathhelpline.org](mailto:contact@childdeathhelpline.org)

Offers a free phone service for anyone who is affected by the death of a child.

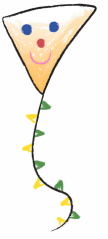
## **Compassionate Friends**

Website: [www.tcf.org.uk](http://www.tcf.org.uk)

Helpline: 03451232304

Email: [info@tcf.org.uk](mailto:info@tcf.org.uk)

Offers support to parents, grandparents and siblings after the death of a child.



## **Saying Goodbye**

Website: [www.sayinggoodbye.org](http://www.sayinggoodbye.org)

Saying Goodbye provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy, whether the loss be recent or historic. In addition, it looks to support people through subsequent pregnancies, fertility treatment and adoption.

## **Kicks Count**

Website: [www.kickscount.org.uk](http://www.kickscount.org.uk)

Kicks Count is a UK registered charity that aims to empower mums to be with knowledge and confidence throughout their pregnancy. A baby's movement indicate its wellbeing and by understanding their baby, mums can be empowered to trust their instincts and ensure the healthy delivery of their baby.

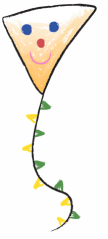
# **Miscarriage**

## **The Miscarriage Association**

Website: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

Helpline: 01924 200 799

.For those who have been affected by the loss of a baby in pregnancy, whether recently or long ago.



# Multiple Baby Bereavement

## Lone Twin Network

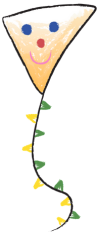
Website: [lonetwinnetwork.org.uk](http://lonetwinnetwork.org.uk)

The Lone Twin Network (LTN) is a support network, primarily serving the UK, but with many members overseas. All members are surviving twins and have that unique understanding of what it means to lose part of yourself when your twin - identical or fraternal - dies. Our membership comprises surviving twins who lost their sibling before, at or around birth; in childhood or as an adult.

## TAMBA Bereavement Support Group

Website: [tamba.org.uk](http://tamba.org.uk)

For families who have lost one or more children from a multiple birth, during pregnancy or at any stage afterwards. The Bereavement Support Group provides parent to parent support through a befriending service, all our befrienders are volunteers who have suffered a loss from a multiple pregnancy themselves.



# Murder and Manslaughter

**SAMM** - Support after Murder and Manslaughter

Website: [www.samm.org.uk](http://www.samm.org.uk)

Helpline: 0121 472 2912 (May need to leave a message) Helpline  
SUSPENDED due to Covid19

Email: [samm.national@gmail.com](mailto:samm.national@gmail.com)

SAMM is a national UK Charity supporting families bereaved by  
Murder and Manslaughter

## **Through Unity**

Website: [www.throughunity.co.uk](http://www.throughunity.co.uk)

Tel: 07947 684 605

Email: [reachingout@throughunity.com](mailto:reachingout@throughunity.com)

A coalition of families who have been bereaved through homicide providing  
support & raising awareness.

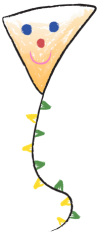
## **Assist Trauma Care**

Website: [www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk)

Tel: 01788551919

Specialist Third Sector (Not-for-Profit) Organisation

offering therapeutic help to adults and children, individuals and families,  
affected by a wide range of traumatic occurrences. Based in Rugby but can  
provide outreach. Paid for service



# Road Traffic Deaths

## **Brake**

Website: [www.brake.org.uk/victim-support](http://www.brake.org.uk/victim-support)

Switchboard: 01484 559 9087

Helpline: 0808 8000401

Email: [helpline@brake.org.uk](mailto:helpline@brake.org.uk)

Mostly campaigning & resourcing but also supporting those who are bereaved or injured as a result of a road crash. Provides emotional support, practical advice, and advocacy and access to local services

## **Roadpeace**

Website: [www.roadpeace.org](http://www.roadpeace.org)

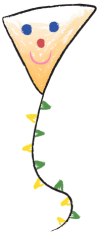
Helpline: 08454500355

Email: [helpline@roadpeace.org](mailto:helpline@roadpeace.org)

Offers support via phone or email plus a telephone befriending service for all those affected by a bereavement - or injury - as a result of a road crash.

See also: Sudden Death

# Sudden Death



## Sudden

Website: <http://www.suddendeath.org/>

Helpline: 08001216510

Email: [suddenhelpline@brake.org.uk](mailto:suddenhelpline@brake.org.uk)

Provides free information, advice and guidance for anyone coping with a sudden bereavement – through COVID-19 or another illness, a road crash, suicide, disaster, war, crime or accident. Includes guidance for carers.

## Cardiac Risk in the Young

Website: [www.c-r-y.org.uk/support](http://www.c-r-y.org.uk/support)

Tel: 01737363222

Cardiac Risk in the Young offers dedicated bereavement support to support families after the tragedy of a young sudden cardiac death of a person aged 35 or under

See also Road Traffic Deaths



# Suicide - Prevention

## **Papyrus**

Website: [papyrus-uk.org](http://papyrus-uk.org)

Helpline: 08000684141

Local Tel: 0121 437 0411

Email: [westmidlands@papyrus-uk.org](mailto:westmidlands@papyrus-uk.org)

Focus on prevention of suicide in young people under age of 35 but some advice on bereavement following a suicide.

## **The Samaritans**

Website: [www.samaritans.org](http://www.samaritans.org)

24 hr helpline: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Write: Chris, Freepost RSRB-KKBY-CYJKPO, Box 9090, Stirling, FK8 2SA

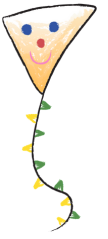
Suicide prevention charity - but also provides support via phone, email, letter for anyone who feels lonely & wants a non-judgemental listening ear.

## **Give us a Shout/Crisis Text Line**

Website: [www.giveusashout.org](http://www.giveusashout.org)

Text SHOUT to 85258 to text with a trained Crisis Volunteer.

Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.



# **Bereavement by Suicide - Support**

## **Survivors of Bereavement by Suicide**

Website: [www.uksobs.org](http://www.uksobs.org)

Helpline: 030011150657 days per week during Covid19

Email: [email.support@uksobs.org](mailto:email.support@uksobs.org)

All local support groups suspended during Covid19

Helpline offers support by volunteers, many of whom have been bereaved by suicide themselves. Over 18s only

## **Facing the Future**

Website: [www.facingthefuturegroups.org](http://www.facingthefuturegroups.org)

Tel: 0208 939 9560

Email: [info@facingthefuturegroups.org](mailto:info@facingthefuturegroups.org)

Joint work with Samaritans and Cruse Bereavement Care. POSTPONED due to Covid19. Opportunity to meet others who have lost someone to suicide. Groups run once a week over six consecutive weeks, with each session lasting for 90 minutes.





# Pre-Bereavement

## Marie Curie

Local Support:

The Hummingbird Grief Counselling Support Service (includes pre-bereavement)

Phone self referrals: 0121 6878010

Email: [WMMCbereavement-referrals@nhs.net](mailto:WMMCbereavement-referrals@nhs.net)

National Support:

Website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

Helpline: 08000902309

Online Chat: [www.mariecurie.org.uk/help/support](http://www.mariecurie.org.uk/help/support)

Offer practical information and emotional support.

## RipRap

Website: [www.riprap.org.uk](http://www.riprap.org.uk)

Advice & guidance for young people who have a parent with cancer.

There is a forum but no direct helpline.

## Bridges Support Service

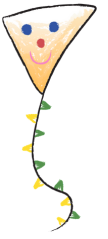
Website: [www.murrayhall.co.uk/what-we-do/bridges-support-service](http://www.murrayhall.co.uk/what-we-do/bridges-support-service)

Tel: 0121 612 2939

Practical support for those on palliative care and their family including shopping, access to services, domestic tasks, respite for carers and a listening ear. For anyone within Birmingham & Solihull Clinic

Commissioning Group (CCG) area.

# Bereavement Support for Children & Young People



## Winston's Wish

Website: [www.winstonswish.org](http://www.winstonswish.org)

Helpline: 08088020021 (Mon-Fri 9am-5pm)

Online chat [www.winstonswish.org/online-chat](http://www.winstonswish.org/online-chat) (Weds and Fri from 12 – 4pm)

Email: [ask@winstonswish.org](mailto:ask@winstonswish.org)

Winston's Wish Crisis Messenger: Text WW to 85258 (24/7)

Support for bereaved children and young people following death of parent or sibling

## Help to Make Sense (part of Winston's Wish)

Website: [www.help2makesense.org](http://www.help2makesense.org)

Films and articles for bereaved young people

## Hope Again (part of Cruse Bereavement)

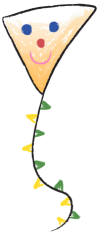
Website: [www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Helpline: 0808 8081677

Email: [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

Hope Again is the youth website of Cruse Bereavement Care.; with information, videos, vlogs from other young people about how to cope with grief, and feel less alone.

# Wellbeing Support for Young People - CAMHS Services



## **Forward Thinking Birmingham:**

Website: [www.forwardthinkingbirmingham.org.uk](http://www.forwardthinkingbirmingham.org.uk)

Portal for referrals: <https://ftbsecure.simplifyhealth.co.uk>

Tel: 0300 300 0099

Urgent Care CAMHS – 0121 333 6915

Mental Health Partnership for Birmingham for 0-25 yr olds

Full list of services: [www.forwardthinkingbirmingham.org.uk/services/47-service-directory](http://www.forwardthinkingbirmingham.org.uk/services/47-service-directory)

## **Kooth**

Website: [www.kooth.com](http://www.kooth.com)

Online counselling service to support young people's emotional and mental health in Birmingham.

12 noon until 10pm Monday-Friday and 6pm-10pm on Saturday and Sunday, 365 days per year.

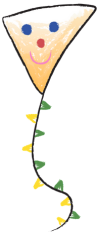
## **Dudley CAMHS**

Website: [www.dwmh.nhs.uk/camhs-dudley](http://www.dwmh.nhs.uk/camhs-dudley)

The Elms, Slade Road, Halesowen, West Midlands, B63 2UR

Tel: 01384 324689

Provides a service to children and young people up to the age of 16 years old who have a Dudley GP. Referrals can be made by GP, Paediatrician and social care.



## **Sandwell CAMHS**

Website: [www.blackcountryminds.com/about-your-camhs/who-are-we-sandwell](http://www.blackcountryminds.com/about-your-camhs/who-are-we-sandwell)

48 Lodge Rd, West Bromwich, B70 8NY

Tel: 0121 612 6620

Crisis Team: 0121 612 6620 9am – 5pm Monday to Friday or  
via team mobile on 07816075218 5pm – 8pm and at weekends.

Support young people aged between 5-18 years of age with a GP  
registered in the Sandwell area

## **Solihull Solar**

Website: [www.bsmhft.nhs.uk/our-services/solar-youth-services](http://www.bsmhft.nhs.uk/our-services/solar-youth-services)

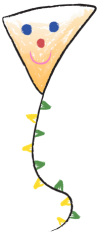
Freshfields Clinic :Downing Close, Knowle, B93 0AQ

Tel: 0121 301 2730

Bishop Wilson Clinic: Craig Croft, Chelmsley Wood, B37 7TR

Tel: 0121 301 2750

Emotional wellbeing and mental health services for  
children and young people up to 19 – accept self referrals.



## **Walsall CAMHS**

Website: [www.dwmh.nhs.uk/camhs-walsall](http://www.dwmh.nhs.uk/camhs-walsall)

Canalside, Abbots Street, Bloxwich, Walsall WS3 3AZ

Tel: 01922 607400

Any young person up to the age of 17yrs living in Walsall can access Walsall CAMHS. Referrals from GP, Pediatrician or Social worker

## **Wolverhampton CAMHS**

Website: [www.blackcountryminds.com/about-your-camhs/who-are-we-wolverhampton](http://www.blackcountryminds.com/about-your-camhs/who-are-we-wolverhampton)

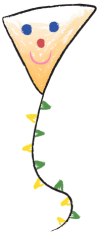
Gem Centre, Nechells Lane, Wolverhampton WV11 3PG

Tel: 01902 444021

Crisis Team: 01902 444021 9am - 5pm Monday to Friday or via the team mobile on 07900 226 390, 5pm - 8pm and weekends.

Supports young people up until age of 18 in Wolverhampton area.

# Wellbeing Support for Adults & Children



## Newman Health and Wellbeing

Website: [www.newmanhealthwellbeing.org](http://www.newmanhealthwellbeing.org)

Email: [wellbeing@newman.ac.uk](mailto:wellbeing@newman.ac.uk)

Genners Lane, Bartley Green, Birmingham B32 2NT

Tel: 0121 483 2205

Wellbeing plus counselling services

## General Mental Health Support

For alternative support mental health concerns, you can call:

### SANE

Website: [www.sane.org.uk](http://www.sane.org.uk)

Tel: 03003047000 OR 07984967708

Email: [support@sane.org.uk](mailto:support@sane.org.uk)

SANE provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers

### Anxiety UK

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Helpline: 03444775774 OR Textline: 07537416905

Information & support for wide range of anxiety conditions including anxieties around Covid-19

### Rethink Mental Illness

Website: [www.rethink.org](http://www.rethink.org)

Advice Service: 0300 5000 927

Email: [info@rethink.org](mailto:info@rethink.org)

### NHS 111

111

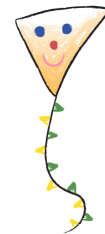
(24 hour helpline – free to call)

### Staying Safe

[www.stayingsafe.net](http://www.stayingsafe.net)

# Local Organisations

## - West Midlands



### Edward's Trust

Website: [www.edwardstrust.org.uk](http://www.edwardstrust.org.uk)

3 Vicarage Road, Edgbaston, Birmingham B15 3ES

0121 454 1705

Email: [admin@edwardstrust.org.uk](mailto:admin@edwardstrust.org.uk)

Edward's Trust offers an holistic bereavement care service to adults who have lost a child, or to children and young people following the death of a parent, carer or sibling in Birmingham and the West Midlands. We also offer pre-bereavement support.

### Beyond the Horizon

Website: [www.beyondthehorizon.org.uk](http://www.beyondthehorizon.org.uk)

Beauchamp Road, Birmingham, B13 0NS

Tel: 0121 444 5454 During Covid19 Lockdown: 07906621345

Email: [admin@beyondthehorizon.org.uk](mailto:admin@beyondthehorizon.org.uk)

Supports children, young people and families from the Birmingham area who have been affected by loss, bereavement, divorce or separation

### Cruse Bereavement Care

Website: [www.crusebirmingham.co.uk](http://www.crusebirmingham.co.uk)

Free Helpline: 08088081677 (Mon-Fri 9.30-5pm. Ext hrs till 8pm Tues, Weds, Thurs)

Self referrals (currently for telephone support) - 0121 687 8010

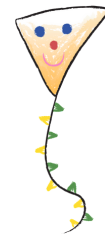
General Enquiries - 0121 687 8011

Email: [birmingham@cruse.org.uk](mailto:birmingham@cruse.org.uk)

Cruse Birmingham supports bereaved people in the Birmingham area. National organisation with local branches including Sandwell, Solihull, Walsall & Wolverhampton.

# Local Organisations

## - West Midlands. Cont.



### **St Mary's Hospice Bereavement service**

Beth Hopkins, Bereavement Counsellor: 07966 165287 (open to anyone bereaved or for support and advice) & Maureen Smith 07966 185811 (if loved one patient of the Hospice).

### **Marie Curie Hospice**

The Hummingbird Grief Counselling Support Service

Phone self referrals: 0121 6878010

Email: [WMMCbereavement-referrals@nhs.net](mailto:WMMCbereavement-referrals@nhs.net)

### **Solihull Bereavement Service**

Website: [www.solihullbereavement.org](http://www.solihullbereavement.org)

Lode Lane, Solihull, B91 2JL

Tel: 0121 424 5103

Provides confidential counselling by volunteers for people affected by bereavement

### **Walsall Bereavement Support Service**

Website: [www.wbss.org.uk](http://www.wbss.org.uk)

3, Bradford Street, Walsall, WS1 1PL

Tel: 01922 724841 Adult Bereavement Support Service

Tel: 01922 645035 Children's/Young People's bereavement service

Email: [admin@wbss.org.uk](mailto:admin@wbss.org.uk)

Provides free support for bereaved children, young people and their families in the Walsall area. Also offers support to adults who are bereaved by suicide

### **Asian Family Counselling Service** (not bereavement specific)

Website: [asianfamilycounselling.org](http://asianfamilycounselling.org)

1 Hampton Court, George Road, Edgbaston, Birmingham B15 1PU

Tel: 0121 454 1130

Email: [bham.afcs@btconnect.com](mailto:bham.afcs@btconnect.com)

Offer individual, couple and family counselling in Urdu, Hindi, Gujarati, Punjabi and English. Telephone and online counselling services via Zoom, WhatsApp and Skype are available during Covid-19 lockdown





# Local Organisations - Midlands

## **The Dove Service**

Website: [www.thedoveservice.org.uk](http://www.thedoveservice.org.uk)

Tel: 01782 683155

Email: [enquiries@thedoveservice.org.uk](mailto:enquiries@thedoveservice.org.uk)

Grief support charity covering Stoke on Trent and North Staffordshire providing support to children, young people and adults. Can also offer paid (£30 ph) counselling for anyone bereaved in England in Wales during Covid-19.

## **The Laura Centre**

Website: [www.thelauracentre.org.uk](http://www.thelauracentre.org.uk)

The Laura Centre, 4-6 Tower Street, Leicester. LE1 6WS

Tel for Referrals: 0116 254 4341

Advice line: 0116 2182140

Email: [info@thelauracentre.org.uk](mailto:info@thelauracentre.org.uk)

Support for bereaved parents and children in Leicestershire and Coventry

## **Malachi Specialist Family Support Services CIC**

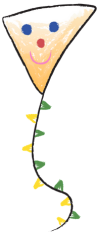
Website: [www.malachi.org.uk](http://www.malachi.org.uk)

Billesley Ark 725 Yardley Wood Road Billesley Birmingham B13 0PT

Tel: 0121 441 4556

Email: [enquiry@malachi.org.uk](mailto:enquiry@malachi.org.uk)

Malachi are a not for profit, therapeutic family support organisation founded in 1991, working across the Midlands and Staffordshire. We support parents/carers, young people and professionals through a range of counselling based therapeutic interventions to create lasting change.



# Live Online Chat

## **At A Loss**

Grief Chat: [www.ataloss.org/griefchat](http://www.ataloss.org/griefchat)

9am-9pm Monday to Friday

## **Child Bereavement UK**

[www.childbereavementuk.org](http://www.childbereavementuk.org)

9am-5pm Monday-Friday

## **Winston's Wish - for children & young people**

[www.winstonswish.org/online-chat](http://www.winstonswish.org/online-chat)

Weds & Fri 12pm-4pm

## **Kooth - for young people**

[www.kooth.com/incrisis](http://www.kooth.com/incrisis)

(12noon to 10pm on weekdays and 6pm to 10 pm at weekends)

# Email support

LOCAL: [bereavement@birminghamhospice.org.uk](mailto:bereavement@birminghamhospice.org.uk)

LOCAL: [support@crusebirmingham.co.uk](mailto:support@crusebirmingham.co.uk)

[helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

[support@childbereavementuk.org](mailto:support@childbereavementuk.org)

[ask@winstonswish.org](mailto:ask@winstonswish.org)



# Grief Helplines

**Child Bereavement:** UK Helpline: 0800 02 888 40

**Cruse Bereavement Care:**

For Birmingham and Solihull: 0121 687 8010

Monday ,Wednesday and Friday - 9am till 5pm

Tuesday and Thursday - 9am til 8pm

Free National Helpline: 0808 808 1677 (Mon-Fri 9.30-5pm. Ext hrs till 8pm

Tues, Weds, Thurs)

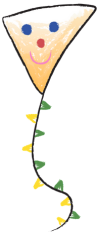
**Grief Encounter:** 0808 802 0111

**Good Grief Trust:** COVID19 free helpline: 0800 2600 400 (8am - 8pm)

**Winston's Wish:** Freephone: 08088 020021 (Mon-Fri 9am-5pm)

**St Mary's Hospice Bereavement support:** Beth Hopkins, Bereavement  
Counsellor: 07966 165287 (open to anyone bereaved)

**NHS Bereavement Helpline:** 0800 2600 400



# Helplines - general support

## LOCAL

### **Mind Mental Health Helpline**

24 hr helpline: 0121 262 3555

## NATIONAL

### **Childline**

Tel: 0800 1111 Reduced hours of operation due to Covid19

Website: [www.childline.org.uk](http://www.childline.org.uk)

Free, confidential helpline for children and young people.

### **The Samaritans**

24 hr helpline: 116 123

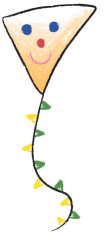
Website: [www.samaritans.org](http://www.samaritans.org)

For someone you can talk to at any time of the day or night

## CALM

0800 58 58 58 (5pm-midnight) supporting men anywhere in the UK

# RESOURCES



## Type of Death Specific Resources COVID 19 Bereavement & funerals

NATIONAL COVID19 NHS BEREAVEMENT HELPLINE -  
8AM - 8PM - 0800 2600 400

### **Cruse:**

[Grief and Isolation](#)

[Grief and Trauma](#)

[Coping with talk of death & dying](#)

[Funerals & Memorials](#)

[www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

[www.cruse.org.uk/coronavirus/funerals](http://www.cruse.org.uk/coronavirus/funerals)

[www.ataloss.org/pages/faqs/category/coronavirus-pandemic](http://www.ataloss.org/pages/faqs/category/coronavirus-pandemic)

[www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice](http://www.thegoodgrieftrust.org/need-know-info/coronavirus-bereavement-advice)

[www.thegoodgrieftrust.org/need-know-info/funerals](http://www.thegoodgrieftrust.org/need-know-info/funerals)

[www.winstonswish.org/coronavirus-funerals-alternative-goodbyes](http://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes)

### **Local info:**

Guidance on alterations to death registration and funeral arrangements in Birmingham:

[www.birmingham.gov.uk/news/article/570/update\\_to\\_registration\\_and\\_bereavement\\_services](http://www.birmingham.gov.uk/news/article/570/update_to_registration_and_bereavement_services)

Voluntary organisations offering support during Covid-19 crisis:

[www.bvsc.org/C19SupportBrum](http://www.bvsc.org/C19SupportBrum)

<https://www.churchill.com/life-insurance/coping-with-death-grief>



## Supporting Children & Young People

### Short Guidance films from Child Bereavement UK

<https://www.childbereavementuk.org/pages/category/short-guidance-films>

### About COVID-19

[www.childbereavementuk.org/coronavirus-supporting-children](http://www.childbereavementuk.org/coronavirus-supporting-children)

[www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx](http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx)

[www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people](http://www.winstonswish.org/coronavirus-supporting-bereaved-children-and-young-people)

[www.childrensociety.org.uk/coronavirus-information-and-support](http://www.childrensociety.org.uk/coronavirus-information-and-support)

[www.annafreud.org/coronavirus](http://www.annafreud.org/coronavirus)

BBC Bitesize - helping children cope with their fears:

[www.bbc.co.uk/bitesize/articles/zhphhbk](http://www.bbc.co.uk/bitesize/articles/zhphhbk)

[www.sands.org.uk/support/bereavement-support/sands-supporting-children](http://www.sands.org.uk/support/bereavement-support/sands-supporting-children)  
following a stillbirth or neo-natal death

# Bereavement by Suicide



**Podcast** from Winston's Wish: [help2makesense.org/podcast-my-brother-simon](https://help2makesense.org/podcast-my-brother-simon)

**Blog** from Young Minds: [youngminds.org.uk/blog/coping-with-the-death-of-my-best-friend](https://youngminds.org.uk/blog/coping-with-the-death-of-my-best-friend)

**Documentary:** Student Suicide – Real Stories: [www.youtube.com/watch?v=wJ4BMrxflLA](https://www.youtube.com/watch?v=wJ4BMrxflLA)

**Book** from Winston's Wish for use when explaining suicide to a child: [shop.winstonswish.org/collections/books/products/beyond-the-rough-rock](https://shop.winstonswish.org/collections/books/products/beyond-the-rough-rock)

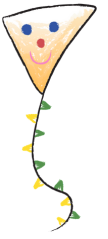
**Blog:** [winstonswish.org/when-someone-in-your-family-dies-by-suicide/](https://winstonswish.org/when-someone-in-your-family-dies-by-suicide/)

**Advice when supporting young people through suicide:**  
[winstonswish.org/death-through-suicide](https://winstonswish.org/death-through-suicide)

**NHS downloadable booklet** – Help is at Hand - Support after someone may have died through suicide.

[www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf](https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf)

[Bereavement by Suicide](#) booklet - Cruse



# Bereavement by Traumatic Death

**Documentary:** Learning to grieve - George Shelly

In May 2017, the musician and presenter George Shelley tragically lost his sister in a sudden accident. Harriet Shelley was 21 and her brother's closest confidante. In this BBC3 documentary, George opens up about his struggles with grief.

[www.youtube.com/watch?v=T9ufAEuC1H8](http://www.youtube.com/watch?v=T9ufAEuC1H8)

**Book:** Hope Beyond the Headlines; Supporting a child bereaved through murder or manslaughter.

[shop.winstonswish.org/collections/books/products/hope-beyond-the-headlines](http://shop.winstonswish.org/collections/books/products/hope-beyond-the-headlines)

## Pre- Bereavement

**Sue Ryder**

<https://www.sueryder.org/how-we-can-help/someone-close-to-me-has-died/advice-and-support/telling-a-child>





# Bereavement of Baby Loss

**App:** Sands Bereavement Support app was created for anyone who has experienced the death of a baby. It aims to help bereaved parents and families to find the right information and support at the right time. The app can also be used by healthcare professionals, who would like to know how best to support bereaved parents and their families.

Download from Apple Store or Google Play. More information here: [www.sands.org.uk/about-sands/sands-bereavement-support-app](http://www.sands.org.uk/about-sands/sands-bereavement-support-app)

**Book:** Downloadable book with advice & guidance.

[www.sands.org.uk/sands-bereavement-support-book](http://www.sands.org.uk/sands-bereavement-support-book)

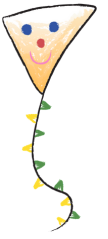
## Videos :

Advice videos from Child Bereavement UK : <https://youtu.be/zwzGz3J9Mil>

**Baby Loss Series from Tommy's:** [www.youtube.com/playlist?list=PLZ2bvCicce\\_qG\\_V9F8KGrluZZkAC0yy\\_6](http://www.youtube.com/playlist?list=PLZ2bvCicce_qG_V9F8KGrluZZkAC0yy_6)

**Personal stories :** [www.tommys.org/your-stillbirth-stories](http://www.tommys.org/your-stillbirth-stories)

# Grief Resources



**DOWNLOADABLE RESOURCES - click on the links**

**What is grief?**

[www.childbereavementuk.org/what-is-grief](http://www.childbereavementuk.org/what-is-grief)

**Understanding Bereavement - Cruse**

**How do I cope with my feelings?**

[www.childbereavementuk.org/how-to-cope-with-your-feelings](http://www.childbereavementuk.org/how-to-cope-with-your-feelings)

**How can I move forward?**

[www.childbereavementuk.org/what-helps-to-move-forward](http://www.childbereavementuk.org/what-helps-to-move-forward)

**Life After Loss booklet - St Mary's Hospice**

**A teenagers guide to helping you through grief - St Mary's Hospice**

Please refer to bereavement websites listed throughout this Directory for further resources on all aspects of grief.

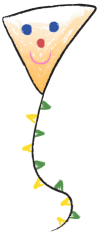
[www.winstonswish.org/supporting-you/](http://www.winstonswish.org/supporting-you/)

<https://www.cruse.org.uk/>

<https://www.childbereavementuk.org/>

<https://www.thegoodgrieftrust.org/>

<https://www.griefcounter.org.uk/child-bereavement-support/advice-and-information/>



# Films & Podcasts about Grief & Loss

For **young people** 'If you're grieving, this is for you' a short video from Young Minds: [youtu.be/o-7c74-pUlk](https://youtu.be/o-7c74-pUlk)

**Losing a sibling.** Selection of short videos about grief following loss of a sibling :

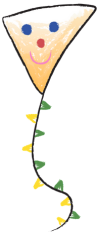
[www.thegoodgrieftrust.org/i-have-lost-a/sibling](http://www.thegoodgrieftrust.org/i-have-lost-a/sibling)

**Loss of a Sibling** : Collection of short films about loss of a siblings from a personal perspective: [www.careforthefamily.org.uk/events/bereavement-support-events/brothers-and-sisters-life-after-loss](http://www.careforthefamily.org.uk/events/bereavement-support-events/brothers-and-sisters-life-after-loss)

## Podcasts

**Griefcast:** Comedian Cariad Lloyd talks to a different guest about their experiences of grief. Together they share their views on the pain, loss and the weirdness that happens when someone dies. [cariadlloyd.com/griefcast](http://cariadlloyd.com/griefcast)

**Winston's Wish:** [help2makesense.org/podcast-my-brother-simon/](http://help2makesense.org/podcast-my-brother-simon/)



# Resources for Educational settings

**Winston's Wish** support for school professionals who are supporting bereaved pupils: [www.winstonswish.org/supporting-you/support-for-schools](http://www.winstonswish.org/supporting-you/support-for-schools)

Free online Bereavement Training: [www.winstonswish.org/bereavement-training-courses-schools](http://www.winstonswish.org/bereavement-training-courses-schools)

## **Child Bereavement UK:**

A free training tool for staff to enable them to support pupils and their families following a bereavement:

[www.childbereavementuk.org/online-learning-for-schools](http://www.childbereavementuk.org/online-learning-for-schools)

Online training webinar: [www.childbereavementuk.org/webinars](http://www.childbereavementuk.org/webinars)

## **Cruise Schools Pack**

**Sands:** Supporting children whose families have experienced still-birth or neonatal loss: [www.sands.org.uk/support/bereavement-support/sands-supporting-children](http://www.sands.org.uk/support/bereavement-support/sands-supporting-children)

## **Grief Encounter:**

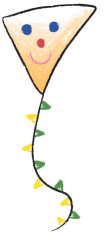
Supporting a bereaved student on their return to School:

[www.griefencounter.org.uk/wp-content/uploads/2019/04/Preparing-Students-for-the-Return-of-Grieving-Classmate.pdf](http://www.griefencounter.org.uk/wp-content/uploads/2019/04/Preparing-Students-for-the-Return-of-Grieving-Classmate.pdf)

Supporting a grieving student in the classroom: [www.griefencounter.org.uk/wp-content/uploads/2019/04/Supporting-a-Grieving-Child-in-the-Classroom.pdf](http://www.griefencounter.org.uk/wp-content/uploads/2019/04/Supporting-a-Grieving-Child-in-the-Classroom.pdf)

Informing the School of a death: [www.griefencounter.org.uk/wp-content/uploads/2019/04/Informing-the-School-Community-of-a-Death.pdf](http://www.griefencounter.org.uk/wp-content/uploads/2019/04/Informing-the-School-Community-of-a-Death.pdf)

# Books, Leaflets & Films about bereavement



## For Bereaved teenagers:

[www.childbereavementuk.org/shop/a-teenage-guide-to-coping-when-someone-dies-leaflet](http://www.childbereavementuk.org/shop/a-teenage-guide-to-coping-when-someone-dies-leaflet)

[shop.winstonswish.org/collections/books/products/you-just-don-t-understand-for-bereaved-teenager](http://shop.winstonswish.org/collections/books/products/you-just-don-t-understand-for-bereaved-teenager)

[shop.winstonswish.org/collections/books/products/beyond-the-rough-rock](http://shop.winstonswish.org/collections/books/products/beyond-the-rough-rock) about making sense of suicide

[shop.winstonswish.org/collections/books/products/hope-beyond-the-headlines](http://shop.winstonswish.org/collections/books/products/hope-beyond-the-headlines) helping when a child has been bereaved as a result of murder

[www.mariecurie.org.uk/help/support/publications/all/supporting-children-when-someone-has-terminal-illness](http://www.mariecurie.org.uk/help/support/publications/all/supporting-children-when-someone-has-terminal-illness) Free booklet to download

[www.dyingmatters.org/sites/default/files/files/No\\_5%20-%20Talking%20about%20dying%20with%20children\\_single%20pages.pdf](http://www.dyingmatters.org/sites/default/files/files/No_5%20-%20Talking%20about%20dying%20with%20children_single%20pages.pdf)

## Books for children:

Michael Rosen's Sad Book - a picture book but one suitable for older children, teenagers & adults in which Michael Rosen shares his grief following the death of his own son, aged 18.

Explaining Coronavirus to Children: [issuu.com/nosycrow/docs/coronavirus\\_ins](http://issuu.com/nosycrow/docs/coronavirus_ins)

