

Grief mental health support

For some people, grief can significantly impact daily life and it is important to seek help when this is the case.



Support, peer-to-peer groups and counselling for anyone affected by grief.

0808 808 1677

cruse.org.uk



Support to anyone who is affected by the loss of a baby, before, during or shortly after birth.

0808 164 3332

Webchat available
sands.org.uk



Support for young people, parents and families to rebuild their lives following the loss of a child or when a child grieves.

0800 028 8840

Webchat available
childbereavementuk.org



Guidance on finding regional support during bereavement.

ataloss.org



Helpline for guidance on supporting a young person or child during a bereavement.

0808 802 0021

Webchat available
winstonswish.org



Provides palliative, neurological and bereavement support.

sueryder.org