

Helplines

National Organisations

Name of Organisation	Contact Details	What they do
Age UK	www.ageuk.org.uk Tel: 0800 678 1602	Offers free information and advice on topics as health and wellbeing as well as a range of other topics.
Anxiety UK	03444 775 774 Monday to Friday 9.30am-5.30pm	Offering support to those affected by anxiety disorders. It is a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders.
At a Loss	www.Ataloss.org Monday to Friday 9.00am-9.00pm	Provide a Griefchat service.
Bereavement Advice Centre	www.bereavementadvice.org Freephone 0800 634 9494 Monday to Friday 9.00am-5.00pm	Supports and advises people on what they need to do after a death.
The Bereavement Trust	www.bereavement-trust.org.uk Freephone 0800 435 455	Volunteers offer comfort, support and practical advice to the bereaved from 6pm until 10pm.
Brake	www.brake.org.uk T. 0808 0000 401	Offers support after a road death.
Carers UK	www.carersuk.org T. 0808 808 7777 – Mondays and Tuesdays 10.00am-4.00pm	Offers help and advice on a variety of topics to carers.
Child Bereavement UK	www.childbereavement.uk T.0800 02 888 40	Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.
Child Death Helpline	www.childdeathhelpline.org.uk Freephones: 0800 282 986 or 0808 800 6019	Offers support to anyone affected by the death of a child of any age, under any circumstances, however recent or long ago.
Childline	T. 0800 1111	Offers support for under 25s and their relatives.
Citizens Advice Bureau	www.citizensadvice.co.uk Tel: 0344 411 1444 Monday-Friday 9.00am-5.00pm	Provides free and confidential advice on a range of topics.
The Compassionate Friends	www.tcf.org.uk T.0345 123 2304	Supporting bereaved parents and their families.
Crisis Messenger – The Mix	Text THEMIX to 85258	Crisis support across the UK for those aged 25 or under.
Cruse Bereavement Care	www.cruse.org.uk Free helpline: 0808 808 1677	Offers support to adults and children after the death of someone close.
Dying Matters	www.dyingmatters.org	Dying Matters is a coalition of individual and organisational members across England and Wales, which aims to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.
Flat Friends	www.flatfriends.org.uk	For women who haven't had reconstructive surgery after breast cancer.

Grief Encounters	www.griefencounter.org.uk T.0808 802 0111	Helping children through bereavement.
GriefTalk	T.0808 802 0111 Monday to Friday 9.00am-9.00pm	Support for anyone to GriefTalk from any phone for free.
Hope again (run by Cruse Bereavement Care)	www.hopeagain.org.uk Free helpline: 0808 808 1677	Young people living after loss.
Kooth	www.kooth.com	Free safe and anonymous online support for young people.
Lullaby Trust	www.lullabytrust.org.uk T.0808 802 6868	The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families.
MIND	www.mind.org.uk T.0300 123 3393	Provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.
Macmillan Cancer Support	www.macmillan.org.uk T.0808 808 00 00 – 7 days a week 8.00am-8.00pm	Providing physical, emotional and financial support to help you live life as fully as you can.
Marie Curie	www.mariecurie.org.uk T.0800 090 2309	Nurses in the community caring for people living with a terminal illness and supporting their families.
MND Association	www.Mndassociation.org 0808 802 6262 Youngconnect T.0808 802 6262 Childline: 0800 1111	Provides information on motor neurone disease (MND) and Kennedy's disease.
Mosaic	www.mosaicfamilysupport.org 01258 837071	Supporting bereaved children.
MS Society	www.mssociety.org.uk T. 0300 500 8084 Monday to Friday 9.00am-5.00pm	Offers help and support in all areas of MS.
National Debt Helpline	www.nationaldebtline.org T.0808 808 4000	Offering advice and information on dealing with debt.
NHS	www.nhs.uk	Offers information and advice to help you take control of your health and wellbeing.
Rainbow Trust	www.rainbowtrust.org.uk T. 01372 363 438	Supporting families with a seriously ill child.
Samaritans	Call 116 123 for free	For anyone at any time for any reason.
Sibling Support	www.siblingsupport.co.uk T. 0800 028 8840	Helping children cope with the death of a brother or sister.
Silverline	www.thesilverline.org.uk T.0800 470 8090	The Silver Line provides information, friendship and advice to older people, open 24 hours a day, every day of the year.
Sue Ryder	www.sueryder.org T.0808 164 4572 – general enquiries	Palliative, neurological and bereavement support.
Survivors of Bereavement by Suicide (SOBS)	www.uksobs.org T.0300 111 5065 Monday-Friday 9.00am-9.00pm	Existing to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.

Way Up	www.way-up.co.uk	Bereavement support forum for those aged 51 and above.
WAY Widowed & Young	www.widowedandyoung.org.uk	Offering support to men and women aged 50 or under when their partner died.
Winston's Wish	www.winstonswish.org National helpline: 08088 020 021	Support for bereaved children and young people and their families.
Young Minds	www.youngminds.org.uk	Children and young peoples' mental health.

Local Organisations

Name of Organisation	Contact Details	What they do
AFC Totton	www.afctotton.com	Walking football team every Wednesday 10.00-11.00am for those over 50.
Brains Trust	www.brainstrust.org.uk T.01983 292 405	Brainstrust offices are now closed but we are running virtual meetups and webinars covering topics that are important to you.
Compass Counselling	www.compasscounselling.co.uk T.01590 674 011	Helping people suffering from anxiety, stress, depression, family relationship problems and bereavement.
Lymington Brain Tumour Support Group	www.thebraintumourcharity.org T.07711 597 166 / 01454 422 701	Run a monthly support group in association with the Coates Centre.
Mountbatten Isle of Wight	www.mountbatten.org.uk Main Reception: (01983 529 511) 24-hour specialist advice line (Mountbatten Coordination Centre): 01983 533 331	Helping those on the Isle of Wight who are dying and those who are left behind.
Countess Mountbatten Hospice, Southampton	www.cmhcharity.org.uk	Offering hospice and community services.
Jane Scarth House	www.janescarthhouse.co.uk T.01794 830374	Cancer support centre.
The Bereavement Centre	https://www.bereavementsupportgroups.co.uk/	Covering Portsmouth, Hampshire, Brighton and Isle of Wight. They accept referrals widely for both staff/family/friends and for service users. They also offer study days and workshops for professionals, carers and service users. Their waiting list is approx. 6 weeks.
The Lighthouse	www.southernhealth.nhs.uk/locations/thelighthouse/	An informal, non-judgemental, out-of-hours mental health drop-in for anyone over the age of 18 who requires short-term support in times of great difficulty or is struggling with poor mental health. Open 4.30pm to midnight every day.
Rowans Hospice, Waterlooville	www.rowanshospice.co.uk T. 023 9225 0001	Providing free care and support to adults in our community who have a life-limiting illness and their families.
Shine Cancer Support Group	www.shinecancersupport.org	Shine exists exclusively to support adults in their 20s, 30s and 40s who have experienced a cancer diagnosis.

Simon Says	www.simonsays.org.uk 023 8064 7550	Child bereavement support for people living in Hampshire.
Solent Mind	www.solentmind.org.uk T.023 8202 7810	Provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.
Waterside Cancer Support Centre	www.Wessexcancer.org.uk T.023 8178 0409	Offering support to anyone living with cancer. Alongside our support for adults, we offer free, professional counselling for children and young people affected by cancer to help support them through this difficult time.