

Helplines

National Organisations

Name of Organisation	Contact Details	What they do
At a Loss	www.Ataloss.org	Provide a Griefchat service.
Bereavement Advice Centre	www.bereavementadvice.org Freephone 0800 634 9494	Support and advice on what 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 0808 8000 401	Supports people bereaved and seriously injured by road crashes.
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.
The Compassionate Friends	www.tcf.org.uk 0345 123 2304	Support for bereaved parents, grandparents and siblings – specifically the loss of a child/children at any age from any cause
Cruse Bereavement Care	www.cruse.org.uk Free helpline: 0808 808 1677	Offers support to adults and children after the death of someone close.
Grief Encounters	www.griefencounter.org.uk T.0808 802 0111	Helping children through bereavement.
GriefTalk	T.0808 802 0111	Support from any phone for free.
Samaritans	Tel: 116 123	Offers a safe place to talk about anything.
Sibling Support	www.siblingsupport.co.uk T. 0800 028 8840	Helping children cope with the death of a brother or sister.
Survivors of Bereavement by Suicide (SOBS)	www.uksobs.org T.0300 111 5065	To help overcome the isolation experienced by people over 18, bereaved by suicide.
Winston's Wish	www.winstonswish.org National helpline: 08088 020 021	Support for bereaved children and young people and their families.

Local Organisations

Name of Organisation	Contact details	What they do
The Bereavement Centre	https://www.bereavementsupportgroups.co.uk/	Covering Portsmouth, Hampshire, Brighton and Isle of Wight. They accept referrals for staff/family/friends and service users. They also offer study days and workshops for professionals, carers and service users.
Covid-19 Community Hub	T.02380 285 893	Lymington & Pennington Town Council has set up a helpline to assist residents during the current situation. This is in addition to Hampshire Welfare Support Line below.
Hampshire Welfare Support Line	T. 03333 704000	Offers help with problems related to self- isolating, e.g. shopping, collecting medicine. They will put the caller in touch with appropriate local support services.
Mosaic	www.mosaicfamilysupport.org 01258 837071	Supporting bereaved children.
Mountbatten Isle of Wight Bereavement Support Helpline	T.01983 217 297 Open 10am-midnight seven days a week	On 1 st April 2021 Mountbatten launched their new Bereavement Support Helpline which is available to anyone who needs a listening ear. You do not need to already be known to Mountbatten's services.
Simon Says	www.simonsays.org.uk 023 8064 7550	Child bereavement support for people living in Hampshire.

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