

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	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.
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.
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 for anyone to GriefTalk from any phone for free.
Samaritans	Tel: 116 123	Offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. We won't judge you or tell you what to do, we'll listen to you.
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	Existing to meet the needs and overcome the isolation experienced by people over 18 who have been 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 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.
Covid-19 Community Hub	T.02380 285 893	Lymington & Pennington Town Council has set up a helpline to assist residents of Lymington and Pennington 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.
Simon Says	www.simonsays.org.uk 023 8064 7550	Child bereavement support for people living in Hampshire.

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