

Bereavement advice and support

Most people experience grief when they lose someone important to them. It affects everyone differently. There's no right or wrong way to feel. You may be finding it particularly difficult at the moment because of the changes in place to try to stop the spread of coronavirus (COVID-19).

You may feel that you need some extra help and support during this time. The following organisations and helplines offering bereavement services are there to help you.

Name of organisation	Contact details for support	Service offered	Area covered
NHS	www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/	NHS advice with links to things you can try that may help in coping with bereavement	National
NHS Bereavement Helpline	Tel: 0800 2600 400	The NHS bereavement helpline on 0800 2600 400 can provide immediate guidance and support if someone you know has died. It's open Monday to Friday, 8am to 8pm. The nurses on the helpline can give you advice, guidance and practical support.	National
Cruse Bereavement Care	Tel: 0808 808 1677 https://www.cruse.org.uk/	The Helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended	National

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		hours on Tuesday, Wednesday and Thursday evenings, when it's open until 8pm.	
Samaritans	Tel: 116 123 www.samaritans.org	Freephone number providing a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them. Available 24 hours a day, every day of the year	National
The Bereavement Trust	Tel: 0800 435 455 http://www.bereavement-trust.org.uk/	The helpline is staffed by trained volunteers who can offer comfort, support and practical advice to the bereaved from 6pm until 10pm.	National
Winston's Wish	Tel: 08088 020 021 www.winstonswish.org/coronavirus/	A Freephone National Helpline providing therapeutic advice on supporting a grieving child or young person after the death of a loved one.	National
Child Death Helpline	Tel: Freephone Number: 0800 282 986 Tel: Freephone Mobiles: 0808 800 6019 An interpreting service is available	The Helpline offers emotional support to anyone affected by the death of a child of any age	National

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	www.childdeathhelpline.org.uk	(pre-birth to adult), irrespective of when the death occurred. All calls are answered by bereaved parents, trained and supported by NHS staff. Open Monday, Thursday, Friday 10am – 1pm : Tuesday and Wednesday 10am – 4pm: Every evening 7pm – 10pm	
Child Bereavement UK	Tel: 0800 02 888 40 www.childbereavementuk.org email: support@childbereavementuk.org	Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. They support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age.	National
SANDS (Stillbirth and neonatal death charity)	Tel: 0808 164 3332. Email: helpline@sands.org.uk www.sands.org.uk/support-you/how-we-offer-support	The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby. Whether your baby died long ago or recently, they are here for you. The team are available to speak to from 9.30am-5.30pm	National

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		<p>Mon - Fri & 9.30am - 9.30pm Tues & Thurs evenings.</p> <p>The helpline team can also be contacted at You can chat directly to a specially trained bereavement counsellor by clicking on the GriefChat box on their website. This is a completely free service and is available Mon-Fri 9am-9pm. You can email or message Sands or GriefChat outside of these hours</p>	
Muslim Youth Helpline	<p>Tel: Freephone from all UK landlines: 0808 808 2008</p> <p>Email: info@myh.org.uk</p> <p>www.myh.org.uk</p>	<p>The Muslim Youth Helpline (MYH) is a registered charity. The core service is available nationally, it is a free, confidential and emotional support service. The service uses male and female volunteers trained in active listening and basic listening skills to respond to client enquiries. MYH aims to act as a bridge between mainstream services and it actively encourages clients to access mainstream services for more specialist support.</p>	

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		Mon – Fri 6pm – 12 midnight, Sat – Sun 12 noon – 12 midnight. Internet Web Chat Hours Mon – Fri 6pm – 12 midnight, Sat – Sun 12noon – 12midnight	
The Bereavement Counselling Services	The Bereavement Counselling Services First Floor The Malthouse Business Centre 48 Southport Road, Ormskirk L39 1QR Tel: 01695 570 729 http://www.thebcsonline.co.uk	Provides free and confidential help to anyone who has been bereaved.	West Lancashire
East Lancashire Hospice Adults & Children's Specialist Bereavement Services	East Lancashire Hospice Park Lee Road Blackburn, Lancashire BB2 3NY, United Kingdom Tel: 01254 287000 Email: info@eastlancshospice.org.uk www.eastlancshospice.org.uk	Available to all those who are trying to deal with fear, sadness, anger and/or confusion which are all natural to the grieving process	East Lancashire
Derian House Children's Hospice	4 6 Cleveland St Chorley PR7 1BU Tel: 01257 233 300	Our care and support for you and your family at Derian House will continue following the death of your child, we are	Chorley

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	www.derianhouse.co.uk/care-support/bereavement-support/	here to support you and your family throughout your individual journey.	
Children Adults and Young People bereavement support groups	The Bereavement Centre, Royal Preston Hospital, Fulwood, Preston, PR2 9HT Tel: 01772 523730 bereavement@lthtr.nhs.uk https://www.lancsteachinghospitals.nhs.uk/bsg	Bereavement support groups for anyone who has been bereaved, based in Lancashire Teaching Hospitals Trust in Preston.	Central Lancashire
CASCADE (Child and Adolescent Support and Counselling Around Death Experience)	Trinity Hospice Low Moor Rd, Bispham, Blackpool FY2 0BG Tel: 01253 595552 www.trinityhospice.co.uk	A counselling service for any child from the age of five living in Blackpool, Wyre and Fylde who has a close member of their family coping with a terminal illness, or who is bereaved of someone close to them.	Blackpool, Wyre and Fylde
Rossendale Hospice bereavement services	Tel: 01706 253 633 https://www.rossendalehospice.org/	Offers counselling support to family members, carers and close friends who are affected by their loved one's illness; pre and post bereavement counselling for children, young people and adults.	Rossendale

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Churches and faith groups	Your church or Faith Group will be able to offer you support and may well have bereavement support volunteers. Please contact them by telephone or email.		
Lancashire Council of Mosques Bereavement and Counselling Service	Tel: 07769 103528	<p>This helpline offers guidance and advice on dealing with grief and loss and is staffed by trained volunteers in working with bereaved families. This support is available to you should you need it during this difficult time or at a later period in time, when it's required.</p> <p>We understand losing a loved one is not easy, but you are not alone as this helpline has been setup solely to listen, support and help you.</p> <p>Available 10am to 5pm Monday to Friday</p>	Lancashire
Building Bridges in Burnley	<p>Tel: Afrasiab Anwar MBE on 07790 009 552 or Bea Foster or telephone 07875 517 043</p> <p>Email: bea_foster@hotmail.com</p>	Building Bridges in Burnley is a partnership of faith organisations who are working with others to celebrate diversity, to promote dialogue and activities to develop understanding, to achieve	Burnley

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		equality and justice. The Partnership can help to put you in touch with support from members of your local faith community.	
Inayat Health & Wellbeing	<p>The Loft Suites Northbridge House Elm Street Business Park Burnley, BB10 1PD</p> <p>Tel: 01282 616825</p> <p>www.inayat.co.uk/bereavement-care/</p>	Inayat's bereavement service aims to support people through an extremely challenging period of their life.	Burnley
Preston Muslim Burial Society	Tel: 01772 830328	Muslim faith based Bereavement Support Group. Providing a telephone call-back service supporting families and individuals following a bereavement. Provided free by trained volunteers.	Preston
Muslim Burial Trust	<p>Email (preferred contact): communityoutreachuk@gmail.com</p> <p>Whatsapp via 07857585960</p>	The Muslim Burial Trust cover Muslim funerals from the announcement of death to the burial. All conducted by a group of trained volunteers.	Burnley, Rossendale and Pendle.

Name of organisation	Contact details for support	Service offered	Area covered
		Unfortunately we do not serve any bereavement support after the burial has taken place. For specific detail please do contact via email.	

For more information on services and resources to support mental health, a new website has been developed across Lancashire and South Cumbria and will be regularly updated.

Lancashire and South Cumbria Mental Health Support Resources	www.healthierlsc.co.uk/MentalHealthSupport	Information on a range of mental health support resources available across Lancashire and South Cumbria, including telephone helplines, online services and support for all ages.	Lancashire
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