

Specific and specialist support

Road crash

Brake – The road safety charity National

01484559909

help@brake.org.uk

<https://www.brake.org.uk/>

- Brake's free support service is available for those who are bereaved, seriously injured or helping a road crash victim.
- We give families specialist emotional and practical support to help them cope with the trauma of road death and injury and also help the professionals supporting those families to understand their needs so they can provide better support.

Culturally related

Chinese Welfare Trust National

07788 614000

<https://www.chinesewelfaretrust.org.uk/counselling>

- Chinese Welfare Trust ("CWT") was established in 2008 as a national charity. We exist to improve the quality and dignity of life of Chinese communities in the UK through our programme of service and working together with others.
- We have a strong team of UK-accredited counsellors who are experienced in providing services in Cantonese and Mandarin. We help all people of Chinese heritage who live in the UK, young and old, and wherever they may have originated - China, Hong Kong, Taiwan, Malaysia, Singapore, Vietnam and elsewhere.
- This is a self-referral service. Please ring the number below and leave a message on the answer phone. We will call you back to make arrangements. This is a counselling service that is provided primarily via telephone.

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Crime related

SAMM National

National

Call: 0121 472 2912

Text: 07342 888570

[SAMM – Support after Murder and Manslaughter](#)

- SAMM provides a wide range of peer support services to people bereaved by murder and manslaughter. There is no time limit on becoming a member. Our services are open to everyone regardless of how long ago they were bereaved.
- We support close relatives as well as wider family members. Even if a loss has affected a bereaved friend, we will support them. As a national charity our support services cover England, Scotland, Wales and Northern Ireland.
- We are independent and therefore not affiliated to any other charity where the SAMM name has been used.
- Our unique support services have been designed by the bereaved for the bereaved to meet a persons' emotional support needs. All volunteers receive bespoke training and have been bereaved through homicide themselves. They have a unique understanding of what it's like to be traumatically bereaved.

Culturally related

Caribbean & African Health Network

National

077 1002 2382

info@cahn.org.uk

counselling@cahn.org.uk

<https://www.cahn.org.uk/counselling-service/>

- Welcome to The Caribbean & African Health Network (CAHN)'s unique counselling service, where we embrace the rich feel of your cultural experiences. The CAHN was set up in 2017 to address long-standing health inequalities disadvantaging people of Black Caribbean and African heritage. Understanding the profound impact culture has on mental health, we proudly offer a variety of counselling services, each sensitively tailored to meet both high and low intensity needs.
- Phone or email referrals are accepted. When referrals are received, they are prioritised and rotated among our counsellors. Within 12 hours, the counsellor assigned to the referral will contact the service user. An initial evaluation will be carried out, followed by up to six one hour online counselling sessions.

Culturally related

Sikh Helpline

National

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

0845 644 0704

info@sikhhelpline.com

If you or a loved one is grieving due to bereavement and would like support please call our 24/7 confidential helpline on 03000 300 063 or 07999 004 363.

<https://www.sikhhelpline.com/>

- Established over 25 years ago, The Sikh Helpline has developed itself to be a trusted point of contact for members of the community in dealing with a range of issues, especially those linked to cultural and social taboos. The Sikh Helpline is a free professional and confidential telephone counselling and email inquiry service, available 24 hour a day, 7 days a week.
- Founded over 20 years ago and is the only registered charity of its kind, entirely funded from donations of our supporters. The Sikh Helpline (SHL) works independently according to its own policies and mission statement and in close collaboration with third party agencies to ensure service users are signposted to receive the support needed as required.
- The services of Sikh Helpline are available to any individual regardless of age, gender, race/culture, physical and mental disabilities, religion, sexual orientation, nationality, class or status.

Heart condition

Aortic Dissection Awareness

National

<https://aorticdissectionawareness.org/patients-and-families/bereavement-support>

Facebook page [Aortic Dissection Awareness UK & Ireland | Facebook](#)

- Aortic Dissection Awareness UK & Ireland is the national patient charity for Aortic Dissection in the UK & Ireland.
- The charity is a friendly, helpful organisation providing valuable support and information to everyone affected by Aortic Dissection, including bereaved families and friends.
- We have a dedicated team of bereaved relatives who support each other and can connect bereaved families with appropriate professional help and advice.

Employment related

The Royal Agricultural Benevolent Institution (RABI)

National

0800 188 4444

help@rabi.org.uk

<https://rabi.org.uk/>

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

- RABI work tirelessly to uplift and support farming people through practical, financial and emotional assistance, touching the lives of thousands of people every year.
- At the core of RABI's mission is the commitment to address the individual needs of farming people. We offer one-to-one, expert support, advice and guidance, tailored to every unique circumstance. Whether it's giving expert advice on benefits potentially available to farming people or accessing mental health support, RABI offers a beacon of hope.
- Our 24/7 freephone helpline **0800 188 4444** ensures we are available at any time of the day or year to give farming people the right type of support.

Bereavement by suicide

Suicide and CO

National

0800 054 8400

info@suicideandco.org

<https://www.suicideandco.org/>

- We're here to keep you company in your grief journey, however big or small your grief feels at the moment, our team of Suicide Bereavement Advisers are here to talk.
- Our Helpline is a listening service that provides emotional support and practical guidance to adults bereaved by suicide in England and Wales, from day one of their loss, whether a family member, friend, colleague or someone else, at any point in the grief journey.
- Know that you can call our Helpline if you're feeling sad, overwhelmed, numb, angry, frustrated, or worried, as well as when you're feeling ok in that moment but still want some support. We're here to have a chat and help.

App available for android.

<https://play.google.com/store/apps/details?id=com.suicideandco.sidekick&hl=en>

SIBBS (Support in Bereavement for brothers and sisters)

National

0345 123 2304

helpline@tcf.org.uk

www.tcf.org.uk/ftb-siblings/

- Grief is different for everybody and there is no right or wrong way to grieve.

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

- Although you may be an adult, or old enough to think like one, you may have difficulty dealing with the enormity of the situation.
- You may want comforting or you may want to be left on your own.

Employment related

Workplace Bereavement Advocacy

Local

01904 373700

info@workplacebereavement.co.uk

<https://workplacebereavement.co.uk/>

- Workplace Bereavement specialise in providing workplace bereavement training to companies, so that those trained advocates can support colleagues who experience bereavement loss. This pioneering programme is a valuable addition to any employee wellbeing provision. It is an area which is often difficult to broach, with people feeling huge uncertainty about what to say to a bereaved colleague and how to say it.

Drug and alcohol

Addiction Family Support

National

0300 888 3853

<https://addictionfamilysupport.org.uk/>

- A safe space for people affected or bereaved by a loved one's harmful use of alcohol, drugs or gambling. We listen, understand and support.

Brain Haemorrhage

The Natalie Kate Moss Trust

National

hello@nataliekatemoss.co.uk

<https://www.nataliekatemoss.co.uk/services#therapy>

- The Natalie Kate Moss Trust was set up in 2012 by the Moss family following the sudden death of Natalie at the age of 26 after an unexpected Brain Haemorrhage.
- We know the effect Brain Haemorrhages can have on people's lives; for those who survive, the relatives that are there to care for them or the loved ones who are left behind after losing someone to a haemorrhagic stroke. **But everyone's experience is different and their needs are different.** That is why we have developed a group of trusted partners who are leading experts in their fields to support you, no matter what you need.

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Meningitis

Meningitis Now

National

Helpline 0808 80 10 388

helpline@meningitisnow.org

<https://www.meningitisnow.org/get-support/bereavement-support/>

- Meningitis Now is the first meningitis patient group in the world, founders of the meningitis movement and the only charity dedicated to fighting meningitis in the UK. Over our 30 year history, we have invested over £12.7m in early stage research that has played a critical part in the introduction of five life-saving vaccines.
- Our nurse-led helpline and Community Support Officers will listen and support you as you live through this incredible difficult time.
- We have online forums, through our Facebook bereavement support group, and through our Rebuilding Futures Fund we can also help with the unexpected costs that come when someone dies.

Crime related

Murdered Abroad

National

0845 1232384

support@murdered-abroad.org.uk

<https://www.murdered-abroad.org.uk/>

- We are a peer support group run by people with lived experience of murder and manslaughter abroad. We are also an action group, working for change within the UK to improve the support families receive after their loved one is murdered abroad.

Culturally Related

Jewish Bereavement Counselling Service

National

020 8951 3881

enquiries@jbcs.org.uk

<https://jbcs.org.uk/>

- JBCS has been *supporting the Jewish Community* for over 40 years and we are committed to ensuring a professional, skilled and comprehensive service. Most people need support following a bereavement and often family, friends and the community can meet this need.
- However, there are times when it may be useful to talk in confidence to a counsellor who has *training in the issues of grief and loss*. We understand the specific issues raised by bereavement within a *Jewish Context*.

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

HIV and sexual health

The Terrence Higgins Trust

National

0808 802 1221

info@tht.org.uk

<https://www.tht.org.uk/get-help/counselling/why-counselling>

- Counselling provides a safe and confidential space for you to talk about your issues and concerns. Our counsellors will listen to you without judgement so you feel heard and understood. Our counsellors are trained to help you express feelings and thoughts and make sense of your experience as well as initiate change when you are ready to do so.
- Anything you discuss with your counsellor remains completely confidential.
- Our counsellors can help with:
 - Dealing with an HIV diagnosis.
 - Sex and relationships.
 - Drugs and alcohol.
 - Chemsex.
 - Issues around gender identity, sexual orientation or another aspect of your identity.
 - Life changes and transitions.
 - Difficult emotions and low self-esteem.
 - Grief and loss.

Please note this is not an exhaustive list.

Culturally related

The Black, African and Asian Therapy Network

National

administrator@baatn.org.uk

<https://www.baatn.org.uk/>

- We are the UK's largest independent organisation to specialise in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, Asian and Caribbean. Our primary focus and area of expertise is to support people from these heritages. However, we are open to other People of Colour who are affected by oppression due to the colour of their skin and global white power.

Bereavement by suicide

Campaign Against Living Miserably (CALM)

National

0800 585858

www.thecalmzone.net/

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Standing together, united against suicide

- We're the [Campaign Against Living Miserably \(CALM\)](#) and we're taking a stand against suicide. That means standing against feeling shit, standing up to stereotypes, and standing together to show life is always worth living.
- **125 lives are lost every week to suicide. And 75% of all UK suicides are male. We exist to change this.**
- We do it by provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and don't die by suicide.
- **But we can't do it alone. Stand with us.**
- **WHAT WE DO**
- **Frontline services**
- Anyone can hit crisis point. We run a [free and confidential helpline and webchat](#) – open from 5pm to midnight every day, for anyone who needs to talk about life's problems. We support those bereaved by suicide, through the [Support After Suicide Partnership \(SASP\)](#).

Culturally related

The Muslim Community Helpline

National

0208 908 6715 OR 0208 904 8193

ess4m@btinternet.com

<https://muslimcommunityhelpline.org.uk/>

- The Muslim Community Helpline is a national organisation for women, men, youth and children which was launched in 2007. We began our work as the nationwide Muslim Women's Helpline (1987) but changed status to reflect the growing number of calls from all members of the community. We are here to help and support, whatever your needs, and have trained volunteers with many years of experience on hand, five days a week.
- We aim to provide a listening and emotional support service for members of the community in the United Kingdom.
- **Languages Spoken:**
 - Arabic: Monday mornings (10am-12pm)
 - Asian languages (Urdu, Punjabi, Gujarati) & English: Monday-Thursday,
 - English: Fridays

Heart condition

Cardiac Risk in the Young

National

01737 363222

cry@c-r-y.org.uk

[After a Young Sudden Cardiac Death - CRY](#)

- CRY has a dedicated bereavement support programme to support families after the tragedy of a young sudden cardiac death of a person aged 35 or under.

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

- So many people have contacted CRY wondering if there are others they could talk to who have suffered similarly. No matter how much professional support is offered (either medical or therapeutic), sometimes just speaking to someone who has been through a similar experience, or reading their personal stories, helps the most. CRY's Founder, Alison Cox, developed the CRY Bereavement Support Programme with this in mind.
- Telephone bereavement support is available to anyone over the age of 18 who has been affected by a young sudden cardiac death.

Culturally related

Asian Family Counselling Service

National

020 38768978

admin@asianfamily.co.uk

[Asian Family Counselling Service – Individual, Couple and Family Counselling](#)

- We are a national organisation providing counselling and support over the telephone and on Zoom. The languages our counsellors speak are Hindi, Punjabi, Urdu and Gujarati. a registered national charity providing low-cost, confidential and culturally sensitive mental health and relationship counselling services in five languages to South Asian communities in Britain
AFCS is a registered national charity providing low-cost, confidential and culturally sensitive mental health and relationship counselling services in five languages to South Asian communities in Britain since 1983. We have over three decades of experience in dealing with complex issues such as depression, trauma, forced marriage, abandonment, domestic violence, slavery and asylum.
- Our counsellors are BACP-accredited, professionally trained and supervised therapists.
- They come from Hindu, Muslim and Sikh backgrounds and speak Urdu, Hindi, Gujarati, Punjabi and English thus representing the diversity in the South Asian communities they serve.
- AFCS is aimed at all members of South Asian communities above the age of 16. We also see couples where one partner is South Asian.
- We are here to help. You are welcome to come on your own or with your partner whatever your marital status or sexual orientation.
- Referrals can be made directly or by family members, doctors, social workers or solicitors.

Homelessness

Homeless Palliative Care Toolkit - Bereavement

info@pathway.org.uk

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Toolkit - Homeless Palliative Care Network

- This toolkit aims to support staff working with homeless people who have advanced ill health.
- We have adapted a resource pack previously developed by St Mungo's and Marie Curie, using findings from a large piece of collaborative [research](#). Each section contains [resources](#), [tools](#) and [activity worksheets](#) to help in planning and providing person centered, multiagency care for homeless people.

Road crash

RoadPeace – The National Charity for Road Crash Victims

National

Helpline: 08454500355

Email: helpline@roadpeace.org

Website: <https://www.roadpeace.org/>

- We provide information and support services to people bereaved or seriously injured in roadcrashes, and engage in evidence-based policy and campaigning work to fight for justice for victims and reduce road danger.
- The helpline is the first point of contact for all our services. It offers emotional support and practical guidance including information on the post-crash process. This can take the form of alerting callers to specific information guides or putting them in touch with other members.
- All calls to the helpline are confidential.

LGBTQ+

Talking Therapies Programme – LGBT Foundation

0345 3 30 30 30

<https://lgbt.foundation/help/talking-therapies-programme/>

- This service aims to provide the safe space needed to discuss emotions and identify strategies to maintain mental well-being. As an LGBTQ+ competent team, we can offer a range of different modalities and practices to meet the varied needs of our community.
- Our service can provide support to you when you are dealing with a range of experiences, from coming out to dealing with grief or bereavement, we are here for you.

Bereavement by suicide

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Facing the Future

National

fff@cls.org.uk

<https://www.facingthefuturegroup.org/>

- Facing the future provides safe online support groups for people bereaved by suicide where they can talk through their feelings with others who have similar experiences.
- The service has been developed since its inception in 2011, following recognition that those bereaved by suicide had little specialist support available.
- Initially Facing the Future was set up as a joint venture between Samaritans (Central London Branch) and Cruse Bereavement Care (Kensington and Chelsea Branch) which combined their relevant expertise to form face-to-face support groups.
- These made a real difference to those experiencing bereavement through suicide, and the service expanded to form groups in selected areas across the country. Now the service is run by Central London Branch of Samaritans and is delivered exclusively online (via Zoom).

Culturally related

Muslim Bereavement Support Service

National

020 3468 7333

info@mbss.org.uk

<https://mbss.org.uk/>

We are a non-profit organisation serving the Muslim community by supporting bereaved women who have lost a loved one.

You may want to talk to someone and share how you are feeling. Our trained female volunteers can provide a free and confidential environment for this. We offer telephone support in multiple languages.

Our volunteers will provide guidance in accordance with the Qur'an and Ahadeeth on the bereavement process, with advice on prayers and other religious aspects.

Cancer

The Loss Foundation – National cancer bereavement charity

National

0300 200 4112

hello@thelossfoundation.org

<https://thelossfoundation.org/>

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

- The Loss Foundation is a UK national cancer bereavement charity. We are dedicated to providing bereavement support to adults who have had a loved one die from cancer whether that be your spouse, family member, friend or colleague.
- We provide a variety of support events to help you at any point following your loss, and we create the opportunities for you to meet others who have experienced something similar. We also educate and empower others to support those who are grieving via our workshops and training.

The Good Grief Trust

hello@thegoodgrieftrust.org

<https://www.thegoodgrieftrust.org/>

- The Good Grief Trust is an organisation run by and for people who have experienced bereavement; it exists to help all those affected by grief in the UK.
- Their vision is to help those bereaved from day one, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support. They offer a variety of helpful resources accessible via their website, including specific advice relating to the loss of friends, partners, siblings.

Coroner

Coroners' Courts Support Service

National/local branch

0300 111 2141

info@ccss.org.uk

<https://coronerscourtsupportservice.org.uk/>

- The Coroners' Courts Support Service (CCSS) is an independent voluntary organisation whose trained volunteers offer emotional support and practical help to bereaved families, witnesses and others attending an Inquest at a Coroner's Court.
- Our vision is, and always has been, to set up the Service in all of the Coroners' Courts within England and Wales to ensure bereaved families, witnesses and others have access to the Service wherever they attend an Inquest.
- This can be in person through our volunteers; or via our National Helpline.

Culturally related

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

Bereavement Help for Those who Don't Speak English National

- Cruse Bereavement support provide a selection of their information on understanding grief in the following languages:

Arabic

Bengali

Chinese (simplified)

Gujarati

Hindi

Polish

Portuguese

Russian

Somali

Tamil

Ukrainian

Urdu

Welsh

- **How it works**

- Call 0808 808 1677.

- You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
- When a helpline volunteer answers clearly tell them the name of the language you speak in English.
- The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
- An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
- Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.
- Helpline support in languages other than English is also available through Language line.

Epilepsy

SUDEP Action

National

Bereavement support team: 01235 772 852

info@sudep.org

<https://sudep.org/>

For any questions or feedback please contact enquiries@yorkbereavementalliance.org

- We are a charity supporting and working alongside those whose loved ones have died suddenly from an epilepsy-related death. Our services include free bereavement support, counselling and help with understanding the inquest process.
- You can find out more about SUDEP Action [here](#).

Crime related

Advocacy After Fatal Domestic Abuse

National

07887 488 464

help@aafda.org.uk

<https://aafda.org.uk/>

- We are a Centre of Excellence for Reviews after Fatal Domestic Abuse and for Expert and Specialist Advocacy and Peer Support.
- We draw on our personal and professional experience of major criminal justice processes like Domestic Homicide Reviews, and other related inquiries and provide emotional, practical and specialist peer support to those left behind after fatal domestic homicide.
- Our normal office hours are 9am-5pm but we may be able to take calls outside of these hours. If we are not available, please leave a message and we will get back to you as soon as possible.

Learning disabilities

Mencap

National

www.mencap.org.uk/advice-and-support/wellbeing/dealing-bereavement

- Learning disability is a complicated subject, and trying to find the right advice for you can be hard sometimes.
- We've split our advice and information into the different areas we get asked about a lot including: Benefits; Education, Skills and Work; Social Care; Transport; Befriending and more.
- The website also includes information on [dealing with a bereavement](#).

Learning disabilities

Beyond Words Books

National

admin@booksbeyondwords.co.uk

For any questions or feedback please contact enquiries@yorkbereavementalliance.org
01372 234 100

Beyond Words

- Books Beyond Words are award-winning wordless picture stories covering topics including physical and mental health, lifestyle and relationships, abuse and trauma, grief and bereavement, employment, and criminal justice.
- Each story is co-created with and for people who find pictures easier to understand than words. This includes people with learning disabilities and/or autism, people with cognitive or communication difficulties, such as Dementia, people who have difficulty with reading, including some Deaf people, and people who do not use the language of the country where they are living.
- Our stories are used in health care settings, schools and colleges, libraries, supported living settings, therapeutic services, and community organisations, amongst others.
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Culturally related

Black Health Initiative

0113 3070 300

admin@blackhealthinitiative.org

<https://www.blackhealthinitiative.org/>

- BHI Counselling Service confidential counselling service for African, African Caribbean, Dual Heritage and other minority ethnic adults and young people aged 13+. Our UKCP & BACP qualified counsellors/psychotherapists are culturally competent and have expertise in dealing with culturally related issues.
- Specialist bereavement support available.
- Services are delivered face to face in Leeds or via Zoom.