

Grief and Bereavement Resources

The grief you feel at the death of your baby or child doesn't end with the funeral. These organisations offer a listening ear, helpful information and the opportunity to connect with others in a similar situation. If you'd like support, at any time, we hope the information below will help you find what you need.

SUPPORT WHEN A BABY, CHILD OR YOUNG PERSON DIES

[Child Bereavement UK](http://childbereavementuk.org) (childbereavementuk.org)

Supports families when a baby or child of any age dies or is dying, or when a child or young person under 25 is facing bereavement.

Helpline: 0800 02 888 40 | helpline@childbereavementuk.org

[The Compassionate Friends](http://tcf.org.uk) (tcf.org.uk)

Set up by bereaved parents, siblings and grandparents to support others who have suffered the death of a child of any age and from any cause.

Helpline: 0345 123 2304 | helpline@tcf.org.uk

[The Child Death Helpline](http://childdeathhelpline.org.uk) (childdeathhelpline.org.uk)

Helpline for bereaved parents staffed by trained volunteers who are also bereaved parents. Helpline: 0800 282 986

[Tommy's](http://tommys.org) (tommys.org)

Information and support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons.

[Sands](http://sands.org.uk) (sands.org.uk)

Supports anyone who has been affected by the death of a baby before, during or shortly after birth, and provides a bereavement support app.

Helpline: 0808 164 3332 | helpline@sands.org.uk

MORE GRIEF AND BEREAVEMENT SUPPORT FOR YOU, YOUR FAMILY AND FRIENDS

[The Good Grief Trust](http://thegoodgrieftrust.org) (thegoodgrieftrust.org)

Run by bereaved people for bereaved people. Interactive map of local grief support services and specialist services.

[Cruse Bereavement Support](http://cruse.org.uk) (cruse.org.uk)

Personalised, one-to-one grief counselling, information and support.

Helpline: 0808 808 1677 Youth website: hopeagain.org.uk

