

Grief and Bereavement Resources

The grief you feel when someone close to you dies suddenly 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 SOMEONE DIES BY SUICIDE

[Survivors of Bereavement by Suicide](https://uksobs.org) (uksobs.org)

Online resources and information to help you cope with the practical and emotional impact of someone close to you dying suddenly.

[Support After Suicide Partnership](https://supportaftersuicide.org.uk) (supportaftersuicide.org.uk)

This partnership brings together suicide bereavement organisations and people with lived experience to offer support to anyone affected by suicide, through practical information and links to local support groups.

SUPPORT WHEN SOMEONE DIES THROUGH ADDICTION

[Addiction Family Support](https://addictionfamilysupport.org.uk) (addictionfamilysupport.org.uk)

Supporting people affected or bereaved by addiction.

Helpline: [0300 888 3853](tel:03008883853)

SUPPORT WHEN SOMEONE DIES IN A ROADCRASH

[Brake](https://brake.org.uk) (brake.org.uk)

Help and support from a specialised case worker if you have been bereaved due to an incident on the roads. Call the free Helpline 0800 282 986.

[Roadpeace](https://roadpeace.org) (roadpeace.org)

Online forum, local support groups, resources and a helpline to support you if someone close to you has died on the roads. Call the free Helpline: 0800 4500 355.

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

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

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

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

Personalised, one-to-one grief counselling, information and support. Youth website: Hope Again (hopeagain.org.uk). Helpline: 0808 808 1677

