

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 SUDDENLY

Sudden (sudden.org/help-for-adults)

Online resources and information to help you cope with the practical and emotional impact of someone close to you dying suddenly. Sudden no longer run a helpline, but provide suggestions for further support on their website.

SUPPORT WHEN SOMEONE DIES BY SUICIDE

Survivors of Bereavement by Suicide (uksobs.org)

Helpline: 0300 111 5065 | email.support@uksobs.org

Run by people who have been impacted by suicide themselves. They provide information, support groups, an online forum and a helpline.

Support After Suicide Partnership (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

DrugFam (drugfam.co.uk)

Helpline: 0300 888 3853 | office@drugfam.org.uk

Support for people bereaved due to drug, alcohol or gambling addiction.

SUPPORT WHEN SOMEONE DIES IN A ROAD CRASH

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

Helpline: 0808 800 0401 | help@brake.org.uk

Help and support from a specialised case worker if you have been bereaved due to an incident on the roads.

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

Helpline: 0800 160 1069 | helpline@roadpeace.org

Online forum, local support groups, resources and a helpline to support you if someone close to you has died on the roads.

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)

Helpline: 0808 808 1677

Youth website: hopeagain.org.uk

Personalised, one-to-one grief counselling, information and support. Over 80 local branches.

