

## 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 ([childbereavementuk.org](http://childbereavementuk.org))

Helpline: 0800 02 888 40 | [helpline@childbereavementuk.org](mailto:helpline@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.

#### Winston's Wish ([winstonswish.org](http://winstonswish.org))

Helpline: 08088 020 021 | [ask@winstonswish.org](mailto:ask@winstonswish.org)

Supports children and young people, and the adults around them on the death of a parent, sibling or other significant person.

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

Helpline: 0345 123 2304 | [helpline@tcf.org.uk](mailto:helpline@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.

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

Helpline: 0800 282 986

Helpline for bereaved parents staffed by trained volunteers who are also bereaved parents.

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

Helpline: 0808 164 3332 | [helpline@sands.org.uk](mailto:helpline@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.

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

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

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

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

Helpline: 0808 808 1677

Youth website: [hopeagain.org.uk](http://hopeagain.org.uk)

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

