

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)

Helpline: 0800 02 888 40 | 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](http://winstonswish.org) (winstonswish.org)

Helpline: 08088 020 021 | 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](http://tcf.org.uk) (tcf.org.uk)

Helpline: 0345 123 2304 | 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](http://childdeathhelpline.org.uk) (childdeathhelpline.org.uk)

Helpline: 0800 282 986

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

Tommy's (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)

Helpline: 0808 164 3332 | 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)

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

Cruse Bereavement Support (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.

