

Child Bereavement UK

A national charity providing support for bereaved families and professionals who work with them.

Helpline: 0800 02 888 40

Website: www.childbereavementuk.org

Child Death Helpline

Support for parents affected by the death of a child (at any age).

Helpline: 0800 282 986 Freephone from a mobile: 0808 800 6019

Email: contact@childdeathhelpline.org

Website: www.childdeathhelpline.org.uk

The Compassionate Friends

Support for parents affected by the death of a child (at any age).

UK Helpline: 0345 123 2304

Northern Ireland: 0288 77 88 016

Email: helpline@tcf.org.uk

Website: www.tcf.org.uk

WAY - Widowed and Young

Social support network for men and women widowed under the age of 50 and their children.

Email: enquiries@widowedandyoung.org.uk

Website: www.widowedandyoung.org.uk

PETAL Support (People Experiencing Trauma and Loss)

A Scottish charity providing practical and emotional support, advocacy, group support and counselling for people bereaved through murder, culpable homicide or suicide.

Phone: 01698 324502

Email: info@petalsupport.com

Website: www.petalsupport.com

Survivors of Bereavement by Suicide (SOBS)

Support and advice for people bereaved by suicide.

UK Helpline: 0300 111 5065

Email: sobs.support@hotmail.com

Website: www.uk-sobs.org.uk

Useful contacts - local and national services



Useful contacts and support services

The death of someone close is a major event in anyone's life and there are no quick ways of adjusting. It can be helpful to find someone you trust that you can talk to. If you feel you are not coping, there are services that can provide support. Bereavement can also bring about practical, legal and financial issues that require advice and assistance.

NHS Lothian Bereavement Service

Provides advice and information on what to do after a death, and can help you find other sources of bereavement support and counselling.

Phone: 0131 242 6995

Email: bereavement.service@nhslothian.scot.nhs.uk

Website: www.nhslothian.scot.nhs.uk/bereavement

DWP Bereavement Service

Department for Work & Pensions helpline to check if you can claim help with funeral costs or any other benefits.

Phone: 0800 731 0469 (or Textphone: 0345 606 0285)

Down to Earth (part of Quaker Social Action)

If you are worried about paying for a funeral Down to Earth offers free advocacy and practical guidance, and can help you apply for financial assistance.

Phone: 020 8983 5055

Open: Mon-Fri, 10am - 4pm

Website: www.quakersocialaction.org.uk

Citizens Advice Bureau

Advice on a range of issues including money, debt, benefits, legal issues and housing. Details of local branches can be found in the phone book or their website.

Website: www.cas.org.uk

The Money Advice Service

A free, impartial money advice service set up by the government.

Phone: 0800 138 7777

Open: Mon-Fri, 8am - 6pm

Website: www.moneyadviceservice.org.uk

Age Scotland

Provide information, advice and support for older people in Scotland. Cover practical issues such as arranging a funeral, sorting out an estate or coping with loneliness.

Phone: 0333 32 32 400

Website: www.ageuk.org.uk/Scotland

Breathing Space

A confidential helpline for anyone in Scotland feeling low, anxious or depressed. Operates overnight during the week and 24 hours a day at the weekend, when other support may not be available.

Helpline: 0800 83 85 87

Open: Mon - Thurs, 6pm - 2am and Friday 6pm – Monday 6am

Website: www.breathingspace.scot

Cruse Bereavement Care Scotland

Bereavement support and one-to-one counselling at local offices throughout Scotland, Edinburgh and the Lothians.

Phone: 0845 600 2227

Email: support@crusescotland.org.uk

Website: www.crusescotland.org.uk

Cruse Bereavement Care (in England, Wales and Northern Ireland)

Phone: 0808 808 1677

Website: www.cruse.org.uk

Acorns Bereavement Support Programme

A local service offering a six-week programme of practical help and group support in Edinburgh.

Phone: 0131 510 8393

Email: acorns.info@gmail.com

Richmond's Hope

A local charity supporting bereaved children and young people aged from 4 -18 yrs in Edinburgh and the Lothians.

Phone: 0131 661 6818

Email: info@richmondshope.org.uk

Website: www.richmondshope.org.uk