

Bereavement support

These organisations offer emotional and peer support to help you through grief and loss, with services ranging from counselling to online communities.

AtaLoss

A national website that signposts people to bereavement services.

www.ataloss.org



SCAN ME

Brake

Supports people affected by road crashes with emotional and practical help.

0808 800 0401

www.brake.org.uk



SCAN ME

Cruse Bereavement Support

Offers free one-to-one or group support via phone, webchat, or local branches.

0808 808 1677

www.cruse.org.uk



SCAN ME

GriefChat

Live webchat with trained bereavement counsellors. Free chat service, paid counselling also available.

<https://griefchat.co.uk>



SCAN ME

Sue Ryder

Provides free online bereavement counselling for adults in the UK, with up to six webcam sessions.

www.sueryder.org



SCAN ME

Survivors of Bereavement by Suicide (SOBS)

Peer support for over-18s affected by suicide loss.

0300 111 5065

<https://uksobs.org>



SCAN ME

The Good Grief Trust

Offers information and peer-led support for all types of loss, including COVID-19 and LGBTQ+ bereavement.

www.thegoodgrieftrust.org



SCAN ME

Untangle

An app for connecting with others who are grieving, with support groups and expert guidance.

<https://untanglegrief.com>



SCAN ME

Practical bereavement support

Here you'll find guidance on the legal, financial, and practical steps to take after a death, including wills, probate, and funeral arrangements.

Bereavement Advice Centre

Provides guidance on legal and practical matters like wills, probate, and funerals.

www.bereavementadvice.org



SCAN ME

GOV.UK

Official government site with step-by-step help after a death, including registration, benefits, and probate.

www.gov.uk/browse/births-deaths-marriages/death



SCAN ME

Compassion in Dying

Helps people plan ahead for end-of-life care and supports those living with serious illness.

www.compassionindying.org.uk | 0800 999 2434



SCAN ME

West Sussex County Council

Local advice on what to do after a death, including funerals and nearby services.

www.westsussex.gov.uk



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