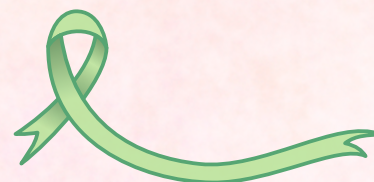


# Mental health grief support



Service Name	Contact	Support available
<p><b>Marie Curie Bereavement Support Helpline</b></p>	<p><a href="https://www.mariecurie.org.uk/help/support/bereavement">https://www.mariecurie.org.uk/help/support/bereavement</a> Call: 0800 090 2309 -Calls are free.</p> <p>Support Line is open 8am-6pm Monday to Friday and 10am-4pm Saturday to Sunday</p>	<p>Support from specially trained telephone volunteer who'll give you regular bereavement support. This service is available for adults aged 18 or above.</p>
<p><b>CALM</b></p>	<p><a href="https://www.thecalmzone.net/suicide-prevention-helpline">https://www.thecalmzone.net/suicide-prevention-helpline</a> Call: 0800 58 58 58</p>	<p>Helpline for anyone affected by suicide or suicidal thoughts. Open from 5pm - midnight every day. Free • Confidential • Anonymous</p>
<p><b>Grief Chat Online Counselling</b></p>	<p>GriefChat is open Monday – Friday, 09:00 – 21:00</p>	<p>Safe space for bereaved people to be able to share their story, explore their feelings and be supported by a qualified bereavement counsellor</p>
<p><b>Pete's Dragons (For people affected by suicide)</b></p>	<p>Call: 01395 277780 <a href="https://www.petesdragons.org.uk/">https://www.petesdragons.org.uk/</a></p>	<p>Offer practical, psychological and therapeutic support which is delivered by a team of suicide bereavement specialists.</p>
<p><b>Sue Ryder Free Online Grief Counselling</b></p>	<p><a href="https://www.sueryder.org/grief-support/online-bereavement-support/online-bereavement-counselling/">https://www.sueryder.org/grief-support/online-bereavement-support/online-bereavement-counselling/</a></p>	<p>Online bereavement service offers free and professional video counselling to people living in the UK and over the age of 18.</p>
<p><b>Cruse</b></p>	<p>Call: 0808 8081677 <a href="https://www.cruse.org.uk/get-support/">https://www.cruse.org.uk/get-support/</a></p>	<p>Volunteers are trained in all types of bereavement and can help you make sense of how you're feeling right now.</p>
<p><b>At a loss</b></p>	<p>Call: 0800 448 0800 <a href="https://www.ataloss.org/Pages/FAQs/Category/organisations-that-can-help">https://www.ataloss.org/Pages/FAQs/Category/organisations-that-can-help</a></p>	<p>Links to lots of various bereavement support available</p>