

Sources of Help for the Bereaved

Grief is a normal human response to a significant loss.

Be patient with yourself and do not compare yourself to anyone else. Grief is very personal and the worst kind of grief is yours.

Grief is unpredictable. You may experience a wide variety of emotions and reactions you have never faced before. This can be a painful and complicated process, sometimes medical advice or counselling can help.



We have a booklet entitled *Now What?* available to all our client families which may give you a better insight into the grieving process. Please ask for a complimentary copy from any of our funeral homes.



We are also able to offer professional bereavement support through SAIFCare. Please ask for a leaflet or further details from your funeral arranger or our receptionist.

SAIFCare: Freephone: **0800 917 7224**

Email: help@saifcare.org.uk

Some useful contact details for additional sources of help

CRUSE Bereavement Care www.cruse.org.uk Telephone: 0808 8081677

Bereavement counselling for all, irrespective of the time since the bereavement.

SAMARITANS www.samaritans.org Telephone: 116 123

Emotional support for those in emotional distress.

Child Bereavement UK www.childbereavement.org Telephone: 01954 568900

The UK's leading charity that supports families and educates professionals both when a child dies and when a child is bereaved.

The Child Funeral Charity www.childfuneralcharity.org.uk Telephone: 01480 276088

Child Funeral Charity (CFC) assists families financially in England and Wales who have to arrange a funeral for a baby or child aged 16 or under.

Age Concern www.ageconcern.org.uk Telephone: 0800 055 6112

Information & advice for older people and for those concerned about older people.

Survivors of Bereavement by Suicide www.uksobs.org Telephone: 0300 111 5065

Support for people over 18 who have been bereaved by suicide.

GriefShare www.griefshare.org

A bereavement support programme offered by the C3 Church in Cambridge.

