

Bereavement support:

Ataloss. Help for people who have been bereaved. Includes a search tool for local support, griefchat service, Grablife activity support weekends, bereavement support for men, and support for young people.

ataloss.org

BAMEStream Bereavement Support

Service. Support for adults from Black, Asian and other minority ethnic (BAME) communities who've been bereaved due to covid-19. Provided by the Nafsiyat Intercultural Therapy Centre, which offers therapeutic support in over 20 different languages. **020 7263 6947**

bamestream.org.uk/bereavement-support

Beyond Words. Books, e-books and downloadable resources for people who find it easier to understand pictures than words, including people with learning difficulties. Topics like 'Getting on with cancer', 'When Mum died' and 'When Dad died'.

020 7492 2559

booksbeyondwords.co.uk

Compassionate Friends.

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child or children.

Helpline: 0345 123 2304

tcf.org.uk

Cruse Bereavement Care. Provides bereavement support, either face-to-face or over the phone, from trained volunteers around the UK. Calls to this helpline are free.

Helpline: 0808 808 1677

cruse.org.uk

crusescotland.org.uk

Marie Curie. The Marie Curie Support Line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer.

Support Line: 0800 090 2309

Online information and support:

mariecurie.org.uk/support

Booklets and resources, including easy read versions:

mariecurie.org.uk/publications

WAY (Widowed & Young) Foundation. WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief.

widowedandyoung.org.uk

Child bereavement support:

Child Bereavement UK. Ideas for teachers in schools as well as parents and children.

Helpline: 0800 02 888 40

childbereavementuk.org

Childhood Bereavement Network. Offers information about local support services.

020 7843 6309

childhoodbereavementnetwork.org.uk

Childline. Supports children and young people with a range of issues, including mental health, bullying and family problems.

0800 1111

childline.org.uk

Grief Encounter. Supports bereaved children and teenagers. **020 8371 8455**

griefencounter.org.uk

Hope Again. A website designed for young people by young people who have been bereaved (part of Cruse Bereavement Care).

0808 808 1677

hopeagain.org.uk

Sibling Support. A website tool which provides resources for children who are coping with the death of a brother or sister.

0800 02 888 40

siblingsupport.co.uk

Winston's Wish. A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals.

08088 020 021

winstonswish.org.uk

Stories about grief and useful articles from Marie Curie's magazine:

Talkabout is Marie Curie's online magazine which aims to support and inspire conversations about dying, death and grief.

[How to support a grieving colleague \(even if you're working from home\)](#)

[VIDEO: Two colleagues talking about grief](#)

[Five tips for writing a meaningful condolence message](#)

[Taking time off work to grieve: Why is it important? And what are your legal rights?](#)

[PODCAST: Celebrities share their stories of grief and bereavement](#)

[Rammi Janack: "What I learned from being widowed at 33"](#)

[Shirley Woods-Gallagher: "Shielding meant I couldn't say goodbye to Dad"](#)

[What should I say to someone who's grieving?](#)

[Mairi Clark: "Friends have avoided me because they knew what had happened"](#)

[Gary Powell: "The isolation makes grieving during lockdown harder"](#)

If your staff and beneficiaries have experiences they'd like to share, they can contact Marie Curie's Stories team at stories@mariecurie.org.uk