

## Bereavement Support

### Bereft

Bereavement support based in Ealing. Counsellors give their services free, however donations are welcomed Suggested donation :£15.00 - £35.00 per session, agreed in advance. (However, no one is turned away because they cannot afford the minimum donation.)

**Phone:** 0208 896 2800

**Website:** <http://www.bereftbereavementsupport.co.uk/>

### Ealing Abbey Counselling Service (EACS)

Offers a wide range of 1:1 counselling services to adults aged 17 + Service can help with: domestic violence, post-natal depression, communication difficulties/conflict resolution, depression and anxiety, bereavement, cultural issues, life transitions, marital/relationship problems or disharmony, work related issues, sexual abuse, sexual issues. Please note: EACS does not work with children.

**Phone:** 020 8998 3361

**Website:** <http://www.eacs.org.uk/contact.shtml>

**Email:** [counselling@eacs.org.uk](mailto:counselling@eacs.org.uk)

### Log Cabin Charity Counselling

A free and confidential counselling service for adults and young people aged 11+. Counselling can help with:

- Anxiety/Depression
- Bereavement
- Suicidal thoughts or feelings
- Trauma
- Addiction
- Relationship Issues
- Bullying
- Family problems

Referral form can be found online at [www.logcabin.org.uk](http://www.logcabin.org.uk)

**Phone:**0208 840 3400 option 1 or 07548 094 843

**Email:** [counselling@logcabin.org.uk](mailto:counselling@logcabin.org.uk)

### Relate

Relate offer children and young people's counselling, which is free for children and young people up to the age of 18. Counselling can support children and young people with any problems they are facing, whether this is at home, or at school.

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Information up to date at time of publication

**Phone:** 0300 003 2324

**Website:** <https://www.relate.org.uk/london-north-west-and-hertfordshire?page=1>

### Asian Family Counselling Service

The Asian Family Counselling service offer individual, couple and relationship counselling. Counselling is provided mainly for relationship breakdown, domestic violence, forced marriages mixed marriages, arrange marriages and marital strain due to financial status. Individual counselling can support with various issues such as bereavement, depression, self-harm, sexual abuse, suicidal feelings, unemployment and income related issues. Individuals may self-refer or a professional such as a family support worker, GP, social worker, may refer on the individual's behalf. Costs are £10 per individual session or £25 per couple session.

**Phone:** 020 8571 3933

**Email:** [afcs@btconnect.com](mailto:afcs@btconnect.com)

**Website:** [www.asianfamilycounselling.org](http://www.asianfamilycounselling.org)

### Useful websites

#### Cruse Bereavement

Cruse Offers advice for children, young people and adults when someone dies and work to enhance society's care of bereaved people. Cruse offer , telephone ,email and website support. Website also has free online printable resources found [here](#) The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when we're open until 8pm.

**Phone:** 0808 808 1677

#### At a loss

A website with contacts for various organizations, online 'grief chat service' which allows people to speak to a bereavement counselor in the live chat if they cannot find the service they are looking for.

**Website:** <https://www.ataloss.org/>

#### Hope again

Part of Cruse bereavement, Hope again is a service aimed specifically at children and young people who are dealing with the loss of a loved one. Website has video resources, personal stories, and a vlog pod.

**Phone:** 0808 808 1677

**Email:** [hopeagain@cruse.org.uk](mailto:hopeagain@cruse.org.uk)

**Website:** <http://hopeagain.org.uk/>

#### Child Bereavement UK

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Information up to date at time of publication

Child Bereavement UK provides support for young people who are bereaved. Find information on their website as well as an APP for young people to download for free on their smartphone. Child bereavement UK also offers support to parents when a child has died. Information is also available to professionals who are supporting a family/child going through bereavement.

Website: [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

Phone: 0800 02 888 40.

### Grief Encounter

Provides free, pioneering services and support to bereaved children, young people and their families. Information and advice is readily available on the site, by phone or by email. Grief Encounter also have a helpline staffed by trained professionals to support bereaved children and families. There is also an email support service, for those who are unable to speak on the phone.

Click [here](#) for Grief Encounter's guide for teenagers.

**Phone:** 020 8371 8455

**Email:** [support@griefencounter.org.uk](mailto:support@griefencounter.org.uk)

**Website:** [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

### Lullaby Trust

The lullaby trust offers confidential support to anyone affected by the sudden and unexpected death of a baby or young child. Lullaby trust also have a bereavement support helpline (free phone) open from Monday- Friday 10am-5pm and 6pm-10pm on weekends, giving the opportunity to speak freely, for as long as required.. *\*both lines are open to parents and professionals\**

They also run family days out eight times a year. Safer sleep advice is also available on the website covering c o-sleeping, safe room temperatures etc. *\*both lines are open to parents and professionals\**

**Supportline:** 0808 802 6868

**Information and advice line:** 0808 802 6869

**Website:** [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)