

Useful contacts following bereavement

local and national services



Useful contacts and support services

The death of someone close is a major event in anyone's life and there are no quick ways of adjusting. It can be helpful to find someone you trust that you can talk to. If you feel you are not coping, there are services that can provide support. Bereavement can also bring about practical, legal and financial issues that require advice and assistance.

Financial and practical support:

NHS Lothian Bereavement Service

Provides advice and information on what to do after a death, and can help you find other sources of bereavement support and counselling.

Phone: 0131 242 6995

Email: bereavement.service@nhslothian.scot.nhs.uk Website:

www.nhslothian.scot.nhs.uk/bereavement

DWP Bereavement Service

Department for Work & Pensions helpline to check if you can claim help with funeral costs or any other benefits.

Phone: 0800 151 2012 (or Textphone: 0800 731 0464)

Website: www.gov.uk/when-someone-dies

Down to Earth (part of Quaker Social Action)

Offers free advocacy and practical guidance, and can help you apply for financial assistance, for example to help with paying for a funeral.

Phone: 020 8983 5055

Website: www.quakersocialaction.org.uk

Citizens Advice Bureau

Advice on a range of issues including money, debt, benefits, legal issues and housing. Details of local branches can be found in the phone book or their website.

Website: www.cas.org.uk

The Money Helper Service

A free, impartial money advice service set up by the government.

Phone: 0800 138 7777

Website: www.moneyhelper.org.uk

General bereavement support:

Cruse Bereavement Care Scotland

Bereavement support and one-to-one counselling at local offices throughout Scotland, Edinburgh and the Lothians.

Phone: 0808 802 6161

Website: www.crusescotland.org.uk

In England, Wales and Northern Ireland:

Phone: 0808 808 1677 and Website www.cruse.org.uk

Acorns Bereavement Support Programme

A local service offering a six-week programme of practical help and group support in Edinburgh.

Phone: 0131 510 8393

Website: www.acornssupport.co.uk

At a Loss

Counsellor online chat service for bereavement support

Website: www.ataloss.org

Good Grief Trust

Helpful website with supportive information about grieving

Website: www.thegoodgrieftrust.org

National Bereavement Service

Phone: 0800 0246 121

Website: www.thenbs.org

Age Scotland

Information, advice and support for older people in Scotland, including practical issues such as arranging a funeral, or coping with loss.

Phone: 0800 1244 222

Website: www.ageuk.org.uk/Scotland

Breathing Space

A confidential out-of-hours helpline for anyone in Scotland feeling low, anxious or overwhelmed.

Helpline: 0800 83 85 87 (Weekdays 6pm-2am, Fri 6pm–Mon 6am)

Website: www.breathingspace.scot

For bereaved parents and children:

Child Bereavement UK

A national charity providing support for bereaved families and professionals who work with them.

Helpline: 0800 02 888 40

Website: www.childbereavementuk.org

Child Death Helpline

Support for parents affected by the death of a child (at any age).

Helpline: 0800 282 986

Website: www.childdeathhelpline.org.uk

Richmond's Hope

A local charity supporting bereaved children and young people aged from 4 -18 yrs.

Phone: 0131 661 6818

Website: www.richmondshope.org.uk

The Compassionate Friends

Support for parents affected by the death of a child (at any age). UK

Helpline: 0345 123 2304

Website: www.tcf.org.uk

Specialist bereavement support:

WAY - Widowed and Young

Support for anyone widowed under the age of 50 and their children.

Website: www.widowedandyoung.org.uk

PETAL Support (People Experiencing Trauma and Loss) Practical and emotional support, advocacy, group support and counselling for people bereaved through murder, culpable homicide or suicide.

Phone: 01698 324502

Website: www.petalsupport.com

Survivors of Bereavement by Suicide (SOBS) Support and advice for people bereaved by suicide. UK Helpline: 0300 111 5065

Website: www.uksobs.com