

## Support for those dealing with grief



We hope that everyone will have an enjoyable visit with us here at Newman Brothers Factory at the Coffin Works.

We are however aware that the subject matter and setting might bring back memories for some people; we hope that for the most part that these will be fond.

Some of our visitors will still be finding ways to deal with their grief so we have put together this information for those who feel they may need some help from staff that are trained to listen and support.

We hope the information in this leaflet is useful.

**British Association for Counselling and Psychotherapy**-The 'Seeking a therapist' section of this site gives lists of qualified counsellors and psychotherapists available in your area. This service is also available over the phone.-Tel: 0870 443 5252 Website: [www.bacp.co.uk/](http://www.bacp.co.uk/)

**Care for the Family** A Different Journey supports those who have lost a partner at a young age. The Bereaved Parents' Network supports parents who have lost a child of any age and in any circumstance. Both offer day and weekend events in different locations in the UK, a telephone befriending service and a regular email newsletter. Telephone: 029 2081 0800

**If I Should Die.co.uk** Useful website looking at all aspects of bereavement, from the practical to the emotional. Website: [www.ifishouldie.co.uk/](http://www.ifishouldie.co.uk/)

**Cruse Bereavement Care** - National charity offering counselling, support, help and advice to the bereaved. Has more than 6,000 trained counsellors. Helpline: 0844 477 9400 Young persons helpline: 0808 808 1677 Website: [www.crusebereavementcare.org.uk/](http://www.crusebereavementcare.org.uk/)

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

**Depression Alliance-** A UK charity offering information to people with depression. Tel: 0845 123 2320 Website: [www.depressionalliance.org/](http://www.depressionalliance.org/)

**Road Peace-**Road Peace is the UK specialist charity supporting road traffic victims and their families. They provide practical and emotional support and information. Helpline: 0845 45 00 355 (open 7 days 9am - 9pm) Web: [www.roadpeace.org/](http://www.roadpeace.org/)

**Jewish Bereavement Counselling Service** - Offered to any member of the Jewish community at no charge. Tel: 020 8385 1874 Website: [www.jvisit.org.uk/jbcs](http://www.jvisit.org.uk/jbcs) Email: [jcbcs@jvisit.org.uk/](mailto:jcbcs@jvisit.org.uk)

**National Association of Widows** - National charity run by widows for widows. Tel: 0845 838 2261 Website: [www.nawidows.org.uk/](http://www.nawidows.org.uk/) Email: [info@naiwidows.org.uk/](mailto:info@naiwidows.org.uk/)

**Samaritans** - Confidential emotional support for anyone in a crisis. 24-hour helpline: 0845 790 9090 (UK); 1850 609090 (RoI) Website: [www.samaritans.org/](http://www.samaritans.org/)

**Support After Murder and Manslaughter** - Offers support and information to anyone affected by murder of manslaughter. Tel: 020 7735 3838 Website: [www.samm.org.uk/](http://www.samm.org.uk/)

**The WAY Foundation-** A charity offering support, help and understanding for those widowed at aged 50 and under. Website: [www.wayfoundation.org.uk/](http://www.wayfoundation.org.uk/)

**GriefNet.org** – Online support community with over fifty monitored support groups for both kids and adults. <http://www.griefnet.org/>

**The Compassionate Friends** –National, self-help organization for those grieving the loss of a child. <http://www.compassionatefriends.org/>

**Bereavement Advice Centre** - Offers a free helpline and web-based information service with practical information and advice on the many issues and procedures that face us after the death of someone close - Tel: 0800 634 9494 Website: [www.bereavementadvice.org/](http://www.bereavementadvice.org/)