

Types of bereavement support available within Lincolnshire and nationally, including suicide bereavement services.

SECTION 1: These contacts offer a service but are not listed on Connect 2 Support website.

SECTION 2: These organisations offer a service and are on Connect 2 Support website.

SECTION 3: These sites offer signposting (not a service).

SECTION 1: These contacts offer a service but are not listed on Connect 2 Support.					
Service	Local / National	Who is it aimed at	Contact details / Options for contact	Statement of purpose	Referral pathway
<u>Samaritans</u>	National	Support and Bereavement referral sign posting	https://www.samaritans.org/ day or night, on T: 116123	<i>We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.</i> <i>Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis</i>	Self-referral & Sign posting
<u>St Barnabas Hospice:</u>	Lincolnshire/ Local	General bereavement	https://stbarnabashospice.co.uk/events/virtual-bereavement/ Virtual bookable bereavement groups via the website For urgent or one-to-one support there is a Bereavement Helpline which you can call any time between 11am and 3pm, Monday to Friday. Call 0300 303 1897 .	<i>Our team of trained and experienced volunteers are here to offer you the help you may need at this time.</i> <i>These groups offer you a space to express your grief in a safe and supported environment with others that have also experienced bereavement.</i>	Self-referral
 <u>Lincoln Trauma Centre</u> Bereavement by Suicide Support Group:	Lincolnshire/ Local	General Bereavement/ trauma	To benefit from counselling contact them on facebook, email or the phone numbers below; M: 07812661348 / 07443634793 lincolntraumacentre@gmail.com Support group information: https://involveincoln.org.uk/partners	<i>"Lincoln Trauma Centre aims to reduce the stigma of psychological trauma throughout Lincolnshire and will provide a free or affordable support service to sufferers of trauma and their families"</i> <i>We are a team of Counsellors and Psychotherapists who specialise in Trauma/PTSD Therapy and mental health. We care about helping people through difficult times and always give our very best.</i>	Self-referral

<u>SSAFA: Military Families Support Group:</u>	Lincolnshire / Local	Includes support for families suffering bereavement due to suicide	https://www.ssafa.org.uk/get-help/military-families/bereavement-support-groups E : supportgroups@ssafa.org.uk	SSAFA offers three support groups, providing events which facilitate peer support, a safe space to grieve and an opportunity for respite	Self-Referral
<u>Winstons Wish:</u>		Support for young people who have lost a parent or sibling	0808 802 0021 http://www.winstonswish.org.uk/ mailto:ask@winstonswish.org	Our expert team provide bereavement support for parents, carers and professionals who are looking for childhood bereavement advice and support.	Self-referral
<u>Tomorrow Project (Harmless):</u>	Local (operate from neighbouring County)		E: bereavement.lincs@tomorrowproject.org.uk T: 01246 541935. For further information - website http://www.tomorrowproject.org.uk/  TP Bereavement-Lincolnshire Referral	The project offers three tiers of support: • PREVENTION - Involvement in the local community and partnership working • INTERVENTION - Support, information, advice and signposting in relation to suicide and self-harm • POSTVENTION - A clinical therapy service for anyone affected by suicidal thoughts, feelings or those who are bereaved by suicide. 12 weeks of therapy are offered with ongoing referrals on completion if needed.	Referral from Coroners service
<u>The Coroners' Courts Support Service:</u>	Local provision / national organisation)		Helpline: 0300 111 2141 E: helpline@ccss.org.uk www.coronerscourtsupportservice.org.uk	A volunteer led service providing Support and Guidance for Bereaved People attending Inquests	Self-referral
<u>Child Bereavement UK</u>	National	Support for when a child grieves or when a child dies	https://www.childbereavementuk.org/ Tel: 0800 028 8840	Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age	Self-referral
<u>Suicide Bereavement UK</u> *NB* This is mostly a service for training people that work with	National	Those bereaved and those supporting bereaved	Online resources; links for support, offers information to those bereaved and to those supporting the bereaved. https://suicidebereavementuk.com/immediate-support-resources/	Suicide Bereavement UK specialises in: Suicide bereavement research Consultancy in post-vention (care of those bereaved by suicide) Development and delivery of evidence-based suicide bereavement training	Self-Enquiry

people that are bereaved / brvd by suicide				Our team members are recognised leaders in suicide bereavement and have considerable experience working in this field	
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SECTION 2: These organisations offer a service and are on the Connect 2 Support Website

Service	Local / National	Who is it aimed at	Contact details / Options for contact	Statement of purpose	Referral pathway
<u>Cruse:</u>	Lincolnshire/ Local	General bereavement	<u>Lincoln</u> Tel: 07900 317732 Email: Lincoln@cruse.org.uk <u>Boston</u> Tel: 01205 357396 Email: boston@cruse.org.uk <u>Stamford & Bourne</u> Tel: 07715 527611 Email: Stamford@cruse.org.uk https://www.cruse.org.uk/get-help/local-s ervices/east-midlands/lincoln	<i>We offer a telephone helpline and web chat, and support sessions are being held over the telephone, email or internet.</i>	Self-referral
<u>Cruse:</u>	National	General bereavement (inc. specialised contact for CYP)	Offers telephone, email and website support. Free-phone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. https://www.cruse.org.uk Tel:0808 808 1677	<i>Our vision is that all bereaved people have somewhere to turn when someone dies. Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance Society's care of bereaved people. Our values: At Cruse Bereavement Care we are Responsive, Compassionate, Respectful, Supportive and Innovative.</i>	Self-referral
<u>The Compassionate Friends:</u>	National with local contacts	All bereavement types	https://www.tcf.org.uk/ T: 0345 123 2304 National Coordinator available Nearest contacts in Skegness & Bottesford All info on the website inc. contact links, usually offer support groups	<i>Charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.</i>	Self-referral
<u>Survivors of Bereavement by Suicide</u>	National	Those bereaved by suicide	https://uksobs.org/we-can-help/suicide-b ereavement/ Email – email.support@uksobs.org	<i>National charity providing dedicated support to adults who have been bereaved by suicide</i>	Self-referral

			Helpline – open 9am to 9pm Monday to Sunday 0300 111 5065 email bereaveMENT@uksobs.org		
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SECTION 3: These sites offer signposting not a service.

Service	Local / National	Who is it aimed at	Contact details / Options for contact	Statement of purpose	Referral pathway
<u>Connect to Support:</u>	Lincolnshire / Local	General bereavement & suicide bereavement support for all	https://lincolnshire.connecttosupport.org/	Local website providing information on range of local services including bereavement support <i>Refers to the 'Help is at hand' digital leaflet</i>	Sign posting route to other services
<u>Lincolnshire Centre For Grief & Loss:</u>	Lincolnshire / Local	General Bereavement	Carlton Centre 19 Carlton Mews, Lincoln LN2 4FJ Phone: 01522 546168 www.ataloss.org email icgl.org.uk	<i>UK's signposting website for bereaved people, ensuring they and those supporting them find information and services appropriate to their loss.</i>	Sign posting Route to other services
<u>Family Services Directory:</u>	Lincolnshire / Local	General bereavement (Carers & YP)	https://lincolnshire.fsd.org.uk/ Links to various services available in the County for bereavement support – supporting carers and young people Phone numbers and routes to support info	Signposting site only – for treatment and support for grief, loss and bereavement	Sign posting route to other services
<u>SHINE:</u>	Local / Lincolnshire	Mental health network offering a sign posting to support services	http://www.lincsshine.co.uk/ M: 07969 872 804	<i>Lincsshine is an online resource in the form of a simple, searchable directory of people and organisations that can offer support to people with mental health issues</i>	Self-referral
<u>Age Uk</u>	National	General bereavement	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/	Advice and sign posting for coping with bereavement	Self-referral
<u>Sue Ryder</u>	National	General bereavement	https://www.sueryder.org/how-we-can-help/online-bereavement-support	<i>Online Bereavement Support makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences</i>	Self-referral

<u>Bereavement Advice Centre</u>	National	General bereavement	https://www.bereavementadvice.org/ Tel: 0800 634 9494	<i>We give practical information and advice and signposting on the many issues and procedures that face us after the death of someone close</i>	Self-referral
<u>Support after suicide Partnership</u>	National	Those affected by suicide	https://supportaftersuicide.org.uk/	<i>This website has been developed with the help of both individuals with experience of suicide and professional bereavement organisations so you can explore practical information and find emotional support if you have been impacted by suicide.</i>	Self-referral