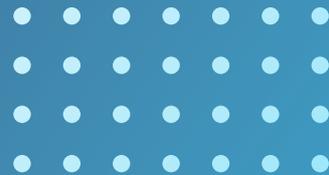




HORSHAM CENTRAL
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

BEREAVEMENT SUPPORT



BEREAVEMENT SUPPORT

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GENERAL BEREAVEMENT SUPPORT

This section signposts support for multiple kinds of bereavement.

Support listed in this section is aimed at any member(s) of the general public.

Please note you may also find relevant support in other sections of this information pack.



AtaLoss

AtaLoss works as a signposting website directing people to relevant bereavement support and resources. AtaLoss works with the additional help of a filter function, meaning you can narrow down the type of resources you're looking for. Additionally they run a 6 week course called *The Bereavement Journey* that has an optional discussion of bereavement and faith.

Please note that as AtaLoss don't deliver bereavement support themselves other than *The Bereavement Journey*, they don't have regular opening times or contact details further than a general enquiries email and their social media accounts.

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

Email: office@ataloss.org



@AtaLosscharity



@atalosscharity



/AtaLosscharity



/ataloss



Brake

This road safety charity is intended for those who are bereaved, injured, or helping support individuals following a road accident.

Brake provide information, legal support, and a dedicated caseworker to help you for as long as you need either over phone or email. Brake help with crashes in the UK, abroad whether recent or not.

Helpline: 0808 800 0401

(National Road Victim Service available 10am-4pm, Monday-Friday)

Email: help@brake.org.uk

Website: <https://www.brake.org.uk/>



@Brakecharity



@brakecharity



/Brakecharity



/brake-the-road-safety-charity



@BrakeGlobal



Cruse Bereavement Support

Cruse offers personalised bereavement support via their helpline, their online webchat, and their local support services - Cruse West Sussex - that offer group sessions and one to one support.

Helpline: 0808 808 1677

Open 9.30am-5pm Monday and Friday, 9.30am-8pm Tuesday-Thursday, and 10am-2pm Saturday-Sunday.

Email: helpline@cruse.org.uk

Webchat available at <https://www.cruse.org.uk/get-support/crusechat/>

Open 9am-9pm Monday-Friday

Website: <https://www.cruse.org.uk/>



@CruseSupport



@crusesupport



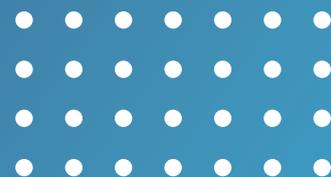
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@crusebereavementsupport9636



GriefChat

GriefChat is a live instant chat service that provides professional bereavement support, mostly as a form of support on other bereavement websites. Alongside this they offer one to one counselling and information on further local support.

Whilst GriefChat's online webchat is free, their counselling services are priced from £24 upwards and all require a £30 assessment prior to any counselling. Counselling is offered over email, telephone, webcam, and face-to-face.

Website: <https://griefchat.co.uk/>



@GriefChatUK



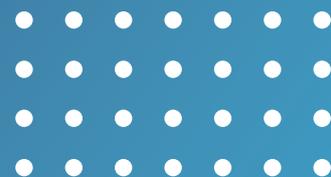
@griefchat



/GriefChatUK



/company/griefchat



Sue Ryder

Sue Ryder provides online palliative, neurological, and bereavement support to those that are 18+ and living in the UK. This is via their free online counselling for which you will undertake an initial assessment then followed by a maximum of 6 sessions. You will be in contact with professional, fully trained bereavement counsellors accessible via webcam on your computer, tablet, or mobile.

Email: online.counselling@suerydercare.org

Website: <https://www.sueryder.org/>



@Sue_Ryder



@suerydercharity



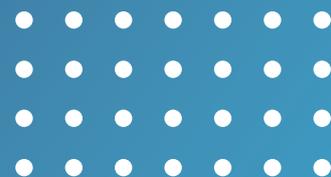
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/company/sue-ryder



@SueRyderFilms



Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide, otherwise known as SOBS, provide an 18+ service over the phone, email, and in person meetings once a month.

Helpline: 0300 111 5065

Open 9am-5pm on Mondays and Tuesdays

Email: email.support@uksobs.org

Expect replies within 24 hours

Website: <https://uksobs.org/>

For the SOBS Horsham group call Sarah on 07752 874 693 or email horsham@uksobs.org



@SOBScharity



@sobscharity



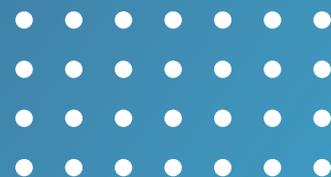
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/company/survivors-of-bereavement-by-suicide



@survivorsofbereavement
bysu5001



The Good Grief Trust

Run by the bereaved, for the bereaved, The Good Grief Trust provide support for those who have lost a child, partner, parent, sibling, friend, and many, many more.

The Good Grief Trust also provide specific support for members of the LGBT community, as well as the Ukraine crisis and COVID19 bereavement support.

The Good Grief Trust do not run a helpline themselves, though they signpost to many other bereavement and support pages and helplines.

Website: <https://www.thegoodgrieftrust.org/>



@goodgrieftrust



@thegoodgrieftrust



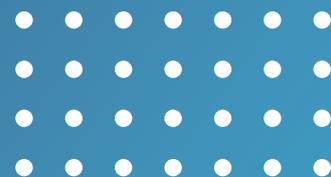
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@thegoodgrieftrust5199



Untangle

Untangle is an app-based platform to meet and support others suffering with bereavement as well as providing support groups, expert-led talks, practical advice, and group discussions. Untangle is available on the App Store and Google Play, and their website is also available.

Website: <https://untanglegrief.com/>



@untanglegrief



@untanglegrief



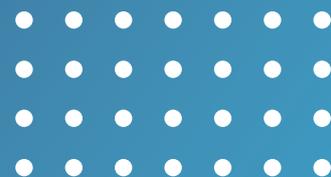
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@untanglegrief6777

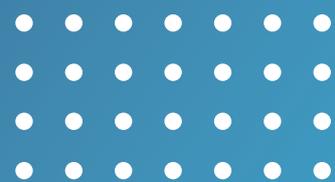


PRACTICAL BEREAVEMENT SUPPORT

This section provides advice on the practical side of experiencing bereavement such as legal procedures, funerals, and finances.

Support listed in this section is aimed at any member(s) of the general public.

Please note you may also find relevant support in other sections of this information pack.

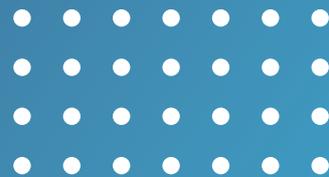


Bereavement Advice Centre

The Bereavement Advice Centre (BAC) provides logistical, practical advice and information on what to do following someone's death. This includes legal proceedings, funerals, and financial advice. Alongside this they signpost to other helpful services where is needed so as to ensure you find the help you need both practically and emotionally.

Please note there is no general phone number for BAC. Depending on the advice being sought after via their website BAC will either provide a number for themselves or an alternative source of advice.

Website: <https://www.bereavementadvice.org/>



Compassion in Dying*

Compassion in Dying supports you in the logistical preparation for your end of life plans or in living with a life-changing illness. They provide a free information line, details below, available 11am-3pm from Monday-Friday with a number of thorough online resources talking you through the process of planning care around and supporting your individual circumstances.

Phone: 0800 999 2434

Email: info@compassionindying.org.uk

Website: <https://compassionindying.org.uk/>



@AGoodDeath



/compassionindying



/company/compassion-in-dying



@compassionindying3443

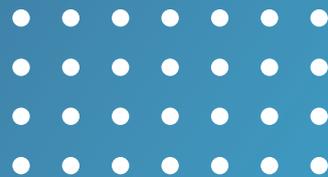


GOV.UK

The GOV.UK website provides a plethora of practical advice including a step by step guide on what to do when someone dies. Information includes advice on registering deaths, dealing with estates, wills, taxes, and inheritance.

Additionally there is further advice on benefit based support such as the Funeral Expenses Payment, the Children's Funeral Fund for England, Bereavement Support Payment, Guardian's Allowance, and Widowed Parent's Allowance.

Website: <https://www.gov.uk/browse/births-deaths-marriages/death>



West Sussex County Council

The West Sussex County Council bereavement guidance provides advice and support regarding who to contact and action to be taken. This includes: what to do if a death occurs at home, what to do if a death occurs at the hospital, funeral arrangement, and who needs to be contacted and made aware following the death. They also provide information on West Sussex cemeteries and crematoriums as well as advertising in the Bereavement Guide.

Website: <https://www.westsussex.gov.uk/births-ceremonies-and-deaths/deaths/what-to-do-when-someone-dies/>



@WSCCNews



@lovewestsussex



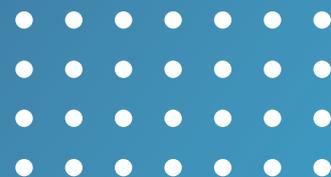
/WestSussexCC



/company/west-sussex-county-council



@wscvideo



Helplines: Verbal

Brake - 0808 800 0401

Open 10am-4pm Monday-Friday

Cruse Bereavement Support - 0808 808 1677

Open 9.30am-5pm Monday and Friday

Open 9.30am-8pm Tuesday, Wednesday, Thursday

Open 10am-2pm Saturday and Sunday

Survivors of Bereavement by Suicide - 0300 111 5056

Open 9am-5pm Mondays and Tuesdays

Helplines: Non-verbal

EMAIL SERVICES

Brake help@brake.org.uk

Cruse Bereavement Support helpline@cruse.org.uk

Survivors of Bereavement by Suicide
email.support@uksobs.org

INSTANT ONLINE WEBCHAT

Cruse 'Crusechat'

<https://www.cruse.org.uk/get-support/crusechat/>

Griefchat <https://griefchat.co.uk/>