

Bereavement Resources 2018

Bereaved Parents Support Organisations Network (BPSO)

Umbrella body for organisations supporting bereaved parents

www.bpson.org.uk

enquiries@bpsn.org.uk

Bereaved Parent Support, Care for the Family

Peer support for bereaved parents including a telephone befriending service

www.careforthefamily.org.uk/bps

[*How can you help bereaved parents? BPS Handout resource*](#)

029 2081 0800

Bliss

Information and support for families of babies born premature or sick

www.bliss.org.uk

0808 801 0322

hello@bliss.org.uk

Care for the Family

Peer support for any parent whose son or daughter has died at any age, in any circumstance and at any stage in their journey of grieving.

www.cff.org.uk/bps

029 2081 0800

bps@cff.org.uk

Child Bereavement UK

Training for professionals, support for families and a directory of local support services

www.childbereavementuk.org

0800 02 888 40

Child Death Helpline

For anyone affected by the death of a child of any age from any cause.

www.childdeathhelpline.org.uk

0800 282 986 or 0808 800 6019

The Compassionate Friends

Peer support for bereaved parents and their families.

www.tcf.org.uk

0845 123 2304

The Lullaby Trust

Support for anyone affected by the sudden death of a baby or young child

www.lullabytrust.org.uk

support@lullabytrust.org.uk

Bereavement support line: 0808 802 6868

Sands

For anyone who has been affected by the death of a baby

<https://www.uk-sands.org/support>

Helpline: 0808 164 3332

Survivors of Bereavement by Suicide

Support for people over 18 who have been bereaved by suicide.

<https://uksobs.org/>

0300 111 5065

TAMBA

Support for anyone affected by the death of a multiple

www.tamba.org.uk

0800 138 0509

support-team@tamba.org.uk

Winston's Wish

Supporting children and their families after the death of a parent or sibling.

www.winstonswish.org.uk

Tel: 08088 020 021

There are also a number of useful organisations who hold information about the many smaller, specialised and local organisations available for bereaved families. One may be able to find an organisation that focusses on a situation more specifically through one of these organisations:

The Childhood Bereavement Network

www.childhoodbereavementnetwork.org.uk

A Child of Mine

www.achildofmine.org.uk

At A Loss.org

www.ataloss.org

The Good Grief Trust

www.thegoodgrieftrust.org