

Organisations providing grief and bereavement support



Sue Ryder

Open to All

- ✓ Self-help resources
- ✓ Online support

www.sueryder.org



At a Loss

Open to All

- ✓ Self-help resources
- ✓ Online support

Helpline 08000 448 0800

www.ataloss.org



The Brigitte Trust

Open to Surrey residents

- ✓ Self-help resources
- ✓ Online support

www.brigitte-trust.org/



Kingston Bereavement Support

Open to Kingston residents

- ✓ Self-help resources
- ✓ Online support

020 8547 1552

www.kingstonbereavementsupport.org.uk/



Samaritans

Open to all

- ✓ Self-help resources
- ✓ Online support

Helpline 116123

www.samaritans.org



The Compassionate Friends

Open to all

- ✓ Self Help Resources
- ✓ Online support

Helpline 0345 123 2304

www.tcf.org.uk/



The Mulberry Centre

Anyone affected by cancer

- ✓ Self Help Resources

Helpline 020 8321 6300

themulberrycentre.co.uk/



What's your grief

Open to all

- ✓ Self Help Resources
- ✓ Online support

www.whatsyourgrief.com



The Good Grief Trust

Open to All

- ✓ Self-help resources
- ✓ Online support

www.thegoodgrieftrust.org/



Bereavement Advice Centre

Open to All

- ✓ Self-help resources
- ✓ Online support

www.bereavementadvice.org



Cruse Bereavement Support

Open to All

- ✓ Self-help resources
- ✓ Online support

Helpline 0808 808 1677

www.cruse.org.uk/



Marie Curie

Open to all

- ✓ Self-help resources
- ✓ Online support

Helpline 0800 0902309

www.mariecurie.org.uk/bereavement



Space 2 Grieve

Residents in Richmond area

- ✓ Online support
- ✓ Self Help Resources

07519 937363

www.space2grieve.org.uk



The Loss Foundation

Cancer bereavement support

- ✓ Self Help Resources

Helpline 0300 200 4112

thelossfoundation.org/



The Silver Line

Older people

Helpline 0800 4708090

www.thesilverline.org.uk



Discover Well Life Centre

Open to all

- ✓ In person
- ✓ Online
- ✓ Counselling

<https://www.discoverwell.org.uk/>

Losing a partner



The Jolly Dollies

Social network for widows
www.Thejollydollies.co.uk



Widowed and Young

Those who've lost a partner before their 51st birthday
✓ Helpline for members
www.widowedandyoung.org.uk

Losing a same-sex partner



Good Grief Trust – LGBTQ+ Café

Open to everyone
✓ Online support
✓ In person cafes
www.thegoodgrieftrust.org



The New Normal Everyone

✓ Online support
www.thenewnormalcharity.org

Losing a sibling



Sibling Grief Club

Open to all siblings
✓ Self Help Resources
✓ Online support
<https://siblinggriefclub.com>



SIBS

For brothers and sisters of disabled children and adults
✓ Online support
✓ Self Help Resources
www.sibs.org.uk

Losing a child



Miscarriage Association

Anyone suffering a miscarriage
✓ Self Help Resources
✓ Online support
Helpline 01924 200799
www.miscarriageassociation.org.uk



The Compassionate Friends

Open to all bereaved parents
✓ Self Help Resources
✓ Online support
✓ In person
Helpline 0345 123 2304
<https://www.tcf.org.uk/support-parent/>



Sands

For anyone affected by the death of a baby
✓ In person
✓ Online
✓ Self help resources
Helpline 0808 1643332
www.sands.org.uk

Organisations providing grief and bereavement support for teens and young adults



Child Bereavement Network

Children and young people in UK

- ✓ In person
- ✓ Online support

Helpline 0800 02 888 40

www.childhoodbereavementnetworkorg.uk/



Grief Encounter

Children and young people in UK

- ✓ In person

Helpline 0808 802 0111

www.griefencounter.org.uk



Jigsaw

Children in SE England

- ✓ In person
- ✓ Online

Helpline 01342 313895

www.jigsawsoutheast.org.uk



Winston's Wish

Under 25s

- ✓ In person
- ✓ Phone/text
- ✓ Online

08088 020021

www.winstonswish.org

childline

Childline

Children and young people in UK

- ✓ Online support

Helpline 0800 1111

www.childline.org.uk



Hope Again

Children and young people in UK

- ✓ In person
- ✓ Online support

Helpline 0808 808 1677

www.hopeagain.org.uk/

Let's Talk

Let's Talk About Loss

18-35 year olds

- ✓ In person

www.letstalkaboutloss.org



The Student Grief Network

Students

- ✓ In person
- ✓ Online

www.studentgriefnetwork.co.uk

Other support



Crossroads Care Surrey

Unpaid carers across Surrey, Kingston & Richmond

- ✓ In person
- ✓ Online

<https://crossroadscareruk.org/>



Mobilise

Anyone caring for someone

- ✓ In person
- ✓ Online

www.mobiliseonline.co.uk

Age UK

Older people

- ✓ In person
- ✓ Online

Helpline 0800 678 1602

www.ageuk.org.uk



Gingerbread*

Gingerbread

Single parents & their children

- ✓ In person
- ✓ Online

Helpline 0808 802 0925

www.gingerbread.org.uk



Blue Cross

Anyone who has lost a pet

- ✓ In person
- ✓ Online

Helpline 0800 0966606

www.bluecross.org.uk

Independent Age

Older people

- ✓ In person
- ✓ Online

Helpline 0800 319 6789

www.independentage.org



Know who to turn to in your local community



A directory of organisations and groups dedicated to improving mental health and wellbeing in your community.

[Know who to turn to in your community: A new signposting resource for South West London | Latest News - Website](#)