

Loss, grief and bereavement and where to turn



Grief and loss

'loss of a loved person is one of the most intensely painful experiences any human can suffer. And not only is it painful to experience but it is painful to witness.... To the bereaved nothing but the return of the lost person can bring true comfort'. (Bowby 1988 Loss, Sadness and Depression).

WHERE CAN I FIND SUPPORT?

- Bereavement Café – Holy Trinity Wrockwardine Wood Church Road – Meets 2nd Saturday of each Month 10am to 12. Touched by Suicide representation there - Touchedbysuicide@gmail.com
- PRISM Community Bereavement Support - 01952 977163 - Prism Community Bereavement Services -Telford (prismcommunityservices.org.uk) – Peer support and group support.
- Cruse Bereavement Support – www.cruse.org.uk - 0808 808 1677 – Adult and children listening and counselling support
- Winston's Wish - Winston's Wish - giving hope to grieving children (winstonswish.org) – Peer support for children and young people 7 to 25, support for families and carers.
- Grief encounter – (www.grieffcounter.org.uk) – Supporting bereaved children and young people
- Telford Mind – Suicide, Sudden and Unexpected bereavement support - Suicide Bereavement - Telford Mind (telford-mind.co.uk) – 07483 906788 – one to one or family support for those impacted by suicide
- Support After Suicide Partnership - Support After Suicide – Resources and support to organisations.
- Samaritans – Step by Step – Supporting those at school who have been impacted by suicide (Including an attempt)
- SOBS - Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)
- WAY - WAY Widowed & Young - Bereavement support UK (widowedandyoung.org.uk) – For anyone under 51 who lost their partner, spouse. There is a small annual charge.

Practical Support:

- Bereavement Advice Centre – Bereavement Advice Centre | Free Helpline – Financial Support
- Coroners Courts Volunteers - supporting family and friends at the Coroners Court.
- Financial aid from Government - <https://www.gov.uk/bereavement-support-payment> - If died due to accident at work or disease from work and had paid tax 25 weeks in one tax year since 1975.
- Citizens Advice – 01952 567193 - Citizens Advice Telford and the Wrekin – for financial, housing or legal information.
- Inspire2Thrive – 01952 504 325 - Telford – Finance and form filling support
- At a Loss - AtaLoss.org is the UK's signposting and information website for bereaved people – Bereavement support, practical, emotional and resources.

Mental health and Crisis

Samaritans – 116 123 – 24/7 listening support – Crisis

Childline – 0800 11 11 - 24/7 listening support - Also sign video for those wanting to access using BSL

Access Team - 0300 124 0365 24/7 - Crisis

Telford Wellbeing service/IAPT - 01952 457415 - self referral – Low to medium risk

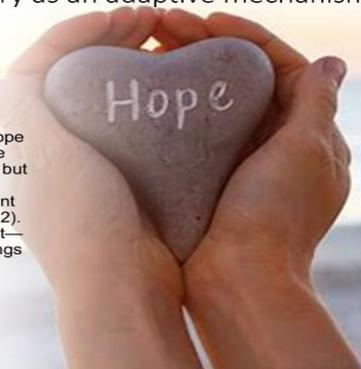
Telford Mind – 07434 869 248 – mainline listening service – not crisis, can signpost, listen

Harmless– Harmless.org.uk

Shout – Text service 24/7, text 'Shout' to 85258

Hope and memory as an adaptive mechanism

- The **capacity to learn** enables us to have **hope** that we will get through a tough time, even if that hope is merely a glimmer. Hope does not extinguish grief, but it can take our memories with us to better or different future places (Lamia, 2022). We may focus on the past—upon memories when things were different.



Child and infant loss

- SANDS - Sands | Stillbirth and neonatal death charity
- Compassionate Friends - The Compassionate Friends (tcf.org.uk)

Pet

Pet bereavement – Blue Cross - 0800 096 6606 - Blue Cross Pet Bereavement Support Service | Pet Loss