

UK wide

Samaritans <http://www.samaritans.org>
Free Telephone 116 123 (UK and ROI) Open
24/7 all year jo@samaritans.org
Online, phone and face to face support

CALM

www.thecalmzone.net Helpline 0800
585858
Webchat from their website
Open 5pm – 12pm, all year

The Compassionate Friends

<https://www.tcf.org.uk/>
0345 123 2304
They have support groups and contact UK wide. To
access them, contact them directly.

Facing the Future

www.facingthefuturegroups.org
Support groups - Courses of 90 minute sessions.
Details & locations, visit their website:

Survivors of Bereavement by Suicide (SoBS) Helpline

0300 111 5065
<http://uk-sobs.org.uk/>
9am to 9pm every day
Confidential helpline

Cruse Bereavement Care

0808 808 1677
helpline@cruse.org.uk
Monday & Friday 9.30am – 5pm
Tuesday – Thursday 9.30am – 8pm

Scotland

Survivors of Bereavement by Suicide (SoBS) - Aberdeen

<http://uk-sobs.org.uk/> Aberdeen
Aberdeenshire
Joyce on 0782 517 6256
Email; Groups; Peer support

Survivors of Bereavement by Suicide (SoBS) - Argyll

<http://uk-sobs.org.uk/>
Anne on 07552 509 118
Email; Groups; Peer support

Survivors of Bereavement by Suicide (SoBS) - Edinburgh

<http://uk-sobs.org.uk/>
Jacqueline on 07787 580 998
Email; Groups; Peer support

Richmond's Hope Edinburgh

www.richmondshope.org.uk
Monday - Friday 9am-5pm
0131 661 6818
Family support; One on one support;
Resources; Support for Children

Survivors of Bereavement by Suicide (SoBS) - Lochaber

<http://uk-sobs.org.uk/>
Fort William
Joyce on 01397 700 958
Email; Groups; Peer support

Survivors of Bereavement by Suicide (SoBS) - Renfrewshire

<http://uk-sobs.org.uk/>
Rosemary on 07900 366 430

Email; Groups; Peer support

Survivors of Bereavement by Suicide (SoBS) - Scottish Borders

<http://uk-sobs.org.uk/>
Gwen on 0756 131 9863
Email; Groups; Peer support

Northern Ireland

Cruse Bereavement Care - Belfast

<http://www.cruse.org.uk/belfast-area-map>
028 9023 2695
Group; Online; Peer support

Barnardo's Child Bereavement Service - Belfast

<http://www.barnardos.org.uk>
02890 668333
Advice Line Support Mon, Tues, Fri
9.30am-12.30pm
Bereavement Support available to families
Tues & Weds 9am-5pm

Cruse Bereavement Care - Northern Area

<http://www.cruse.org.uk/northern-area-map>
Ballymoney
028 2766 6686
Group; Online; Peer support

Cruse Bereavement Care - Newry and Mourne

<http://www.cruse.org.uk/>
028 3025 2322
Group; Online; Peer support

Cruse Bereavement Care - Foyle Area

<http://www.cruse.org.uk>
Londonderry

028 7126 2941

Group; Online; Peer support

Cruse Bereavement Care - Omagh

www.cruse.org.uk

028 8224 4414

Group; Online; Peer support

Cruse Bereavement Care - Armagh and

Dungannon [http://www.cruse.org.uk/](http://www.cruse.org.uk)

0844 477 9400

Group; Online; Peer support

Wales

Cruse Bereavement Care - North Down and Ards Area

<http://www.cruse.org.uk/>

Bangor

028 9127 2444

Group; Online; Peer support

Samaritans - Haverfordwest and Pembrokeshire

www.samaritans.org/

01437 766699

Please call for opening hours and appointments

Online, phone and face to face support

Samaritans - Swansea

www.samaritans.org/

01792 655999

Please call for opening hours and appointments

Online, phone and face to face support

Samaritans - Bridgend

www.samaritans.org/

01656 662333

Please call for opening hours and appointments

Online, phone and face to face support

Survivors of Bereavement by Suicide – Cardiff

<http://uk-sobs.org.uk/>

John and Bronwen 07583 911 129

Email; Groups; Peer Support

Samaritans - Cardiff

www.samaritans.org/

029 2034 4022

Please call for opening hours and appointments

Online; phone and face to face support

Samaritans - Bangor

www.samaritans.org/

01248 674985

Please call for opening hours and appointments

Online; phone and face to face support

Samaritans - Newport and Gwent

www.samaritans.org/

01633 259000

Please call for opening hours and appointments

Online; phone and face to face support

Samaritans - Brecon and Radnor

www.samaritans.org/

01597 823000

Please call for opening hours and appointments

Online; phone and face to face support

Samaritans - Aberystwyth and Mid Wales

www.samaritans.org/

01970 624535

Please call for opening hours and appointments

Online; phone and face to face support

Survivors of Bereavement by Suicide – Mold

<http://uk-sobs.org.uk/>

Hayley on 01352 755 895

Email; Groups; Peer Support

Samaritans - Rhyl

www.samaritans.org/

01745 354545

Please call for opening hours and appointments

Online; phone and face to face support

North West England

PAPYRUS prevention of young suicide

Cheshire

www.papyrus-uk.org

01925 572444

10am-10pm Mon-Fri, 2pm-10pm Weekends Apps;

Helpline; One on one support; Online;

Resources; Support for Children

Survivors of Bereavement by Suicide (SoBS) - Cheshire

<http://uk-sobs.org.uk/>

Ed: 01606 738 137

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Cumbria

<http://uk-sobs.org.uk/>

Paul: 07896 703757

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - South

Cumbria

<http://uk-sobs.org.uk/>

Paul: 07896 703757

Groups; Online; Peer support

Cruse Bereavement Care - Cumbria

<http://www.crusecumbria.org.uk/>
Cockermouth
0 7071780761
Family support; One to one support; Online

Survivors of Bereavement by Suicide (SoBS) - Manchester

sobs-uk.org.uk
Toni: 07531 392674
Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Bolton

<http://uk-sobs.org.uk/>
Janet or Noel: 01942 201744
Groups; Online; Peer support

Care Concern Loss and Bereavement Manchester

0161 7960807
Daytime weekdays
One on one support; Counselling Service

Cruse Bereavement Care - Preston

<http://www.cruse.org.uk>
01772 795596
Helpline available 24/7
Contact for appointments
Family support; One to one support;
Online; Peer support; Support for Children

Survivors of Bereavement by Suicide (SoBS) - St Helens

<http://uk-sobs.org.uk/>
Lorraine or Anne: 07580 358 312
Groups; Online; Peer support

Cruse Bereavement Care - Wirral Area

<http://www.cruse.org.uk>
0151 645 6604
Family support; Groups; One on one support;
Online; Peer support; Support for Children

Listening Ear Liverpool

<http://www.listeningearmerseyside.org.uk>
0151 488 6648
Family support; Groups; One on one support;
Online; Support for Children

Amparo Listening Ear Liverpool

listeningearmerseyside.org.uk/amparo/
0151 4886648
Monday - Friday 8am - 8pm
Support for bereaved, children and young people,
families, witnesses, face-to-face support, signposting,
information and resources

Survivors of Bereavement by Suicide (SoBS) - Liverpool

<http://uk-sobs.org.uk/>
John: 07840 273 803
Group Support, 2nd Monday of every month

North East England

Cruse Bereavement Care - Tees Valley and Durham Area <http://www.cruse.org.uk>
Darlington: 01325 28863
One on one support; Online; Support for Children

If U Care Share Foundation

<http://www.ifucareshare.co.uk/>
0191 3875661
Chester-le-Street
Mon - Fri 9-5 pm
Crisis Centre; Family support; Groups; One on one support; Online; Peer support; School Support; Support for Children

Survivors of Bereavement by Suicide (SoBS) - Hull

<http://uk-sobs.org.uk/>
Lynne on 01964 536 546
Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Scunthorpe

<http://uk-sobs.org.uk/>
Nina on 07528 788 823
Groups; Online; Peer support

Teesside Hospice - Linthorpe

www.teessidehospice.org.uk
Monday and Friday 9.00am-5.00pm
Tues, Weds & Thurs 9.00am-7.00pm
Family support; Groups; One on one support;
Online; Resources

Cruse Bereavement Care - Tyneside

<http://www.cruse.org.uk/>
01912 765533
Mon 10am-6pm, Tues 10am-8pm, Weds 10am-8pm,
Thurs 10am-8pm, Friday 10am-3pm
One on one support; Online support

Survivors of Bereavement by Suicide (SoBS) - Middlesbrough

<http://uk-sobs.org.uk/>

Tracy: 07854 093 057

Groups; Helpline; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Sheffield

<http://uk-sobs.org.uk/>

June: 0114 221 5350

Groups; Helpline; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Bradford

<http://uk-sobs.org.uk/>

Guy on 07969 885 024

Groups; Online; Peer support

Cruse Bereavement Care - Leeds

<http://www.crusebereavementcare.org.uk/>

0113 234 4150

Group Support; Online; Peer support LS1 3AX

London

The City and East London Bereavement Service

<http://www.celbs.counselling.co.uk/> London

Monday to Friday 9am to 5pm

020 3022 5177

Family support; Groups; One on one support;

Online; Peer support

Sands

www.uk-sands.org.uk

020 74367940

Mon - Fri 9.30am - 5.30pm, Tue & Thurs 6pm - 10pm

Family support

Samaritans (with Kensington & Chelsea Cruse Bereavement Care)

Call back service: 020 7758 0029

Groups; Helpline; One on one support; Online;

Peer support

Survivors of Bereavement by Suicide (SoBS) - London

<http://http://uk-sobs.org.uk/>

Bob or Linda on 01923 245 920

Groups; Online; Peer support

Bereft Bereavement Support - Borough of Ealing

<http://www.bereftbereavementsupport.co.uk>

020 88962800

Bereavement counselling by appointment 9.00am -

8.50pm Weekdays

One on one support; Online

Cruse Bereavement Care - London Branches

<http://www.cruse.org.uk/>

0208 939 9530

Family support; Groups; One on one support;

Online; Peer support; Support for Children

Fleet Counselling

www.fleetcounselling.org

020 74834482

Tuesday at 6.00pm or 7.00pm

One-to-one counselling (not specific to bereavement)

Caris Islington Bereavement Service

<http://www.carisislington.org/> London

020 72815200 (leave a message)

Counselling available weekdays

Family support; One on one support; Online;

Support for Children

Grief Encounter <http://www.griefencounter.org.uk/>

020 83718455

Monday to Friday, 9am -5pm

Family support; One on one support; Online;

Support for Children

Highgate Counselling Centre

<http://highgatecounselling.org.uk/> London

020 88835427

Mon - Thurs 9.30am - 9pm, Fri & Sat 9.30am - 12.30pm

Families; Groups; One on one support; Online

Woodside Bereavement Service

<http://www.thelisteningear.org.uk/> London

020 32562009 (call for an appointment)

Family support; One to one support; Online;

School Support; Support for Children

Survivors of Bereavement by Suicide (SoBS) - London

<http://http://uk-sobs.org.uk/> London

Bob or Linda on 01923 245 920

Groups; Online; Peer support

Bereavement Care - Harrow

<http://www.harrowbereavementcare.co.uk/>

020 84275720

Monday - Friday 10.30am - 3.00pm

Family support; Groups; One on one support; Online;

Peer support; School Support; Support for Children

The British CBT & Counselling Service

<http://www.thebritishcbtcounsellingservice.com>

0800 0029068

Monday to Sunday. Daytime and evening.

One on one support; Online

Several London Clinics

Cruse Bereavement Care – Richmond

www.cruse.org.uk

020 88760417

Tuesday, Wednesday, Thursday

Online; Resources; Support

for Children; One on one

The Compassionate Friends

<http://www.tcf.org.uk/>

0345 1203785

Helpline - every day of the week 10 am - 4 pm,
7am - 10 pm

Helpline; Online; Peer support; Practical/Legal;
Resources

Cruse Bereavement Care - Bexley and Bromley Area

<http://www.cruse.org.uk>

020 86976560

Mon-Fri 9am-8pm Sat-Sun 10am-2pm

Group; Helpline; Online; Peer support

Cruse Bereavement Care - Richmond Area

<http://www.cruse.org.uk/>

020 88760417

24 hours answerphone. Flexible appointments.

Cruse Bereavement Care - Croydon

<http://www.cruse.org.uk/>

020 8916 0855 (24-hour answerphone)

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - Greenwich Area

<http://www.greenwichcruse.co.uk/>

020 8850 0505

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - Lambeth Branch

<http://www.cruse.org.uk/> London

Tuesday, Wednesday, Friday 10am-2pm

020 76203999

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - Kensington & Chelsea

www.kc-cruse.org.uk

0844 477 9400

Groups; Helpline; Online; Peer support

South East England

Cruse Bereavement Care - Bedfordshire

<http://www.cruse.org.uk/bedfordshire-area>

03002 004110

Group and peer support

Group; Helpline; Online; Peer support

Cruse Bereavement Care - East Sussex Area

<http://www.cruse.org.uk>

01273 234007

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Brentwood

<http://http://uk-sobs.org.uk/>

June on 07774 536 111

See Telephone number

Groups; Helpline; Online; Peer support

SUPPORTLINE

<http://www.supportline.org.uk/index.php>

01708 765222

Helpline Tues - Thurs 5pm to 7.30pm

We aim to answer within two working days

Helpline; Online

Cruse Bereavement Care - East Kent & Swale

<http://www.eastkentswalecruse.org.uk/>

01622 8844

Groups; Helpline; Peer support

Cruse Bereavement Care – Maidstone & Medway

01622 671011

<http://www.cruse.org.uk/>

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - South Kent

<http://www.cruse.org.uk/>

24/7 Answerphone

0844 8009104

Groups; Helpline; Online; Peer support

Cruse bereavement Care - West Kent Area

<http://www.cruse.org.uk/> Kent

01732 353575

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Dartford

<http://uk-sobs.org.uk/>

June on 07774 536 111

Groups; Online; Peer support

Cruse Bereavement Care - South West Surrey

<http://www.cruse.org.uk/>

01483 418781

Helpline: Mon, Tues & Weds 9.30am – 12pm

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - North Norfolk

<http://uk-sobs.org.uk/>

Jacqui on 07771 544 291

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Norfolk

<http://uk-sobs.org.uk/>

Jacqui on 07771 544 291

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Henley on Thames

<http://uk-sobs.org.uk/>

David 0795 843 4082

Groups; Online; Peer support

Cruse Bereavement Care - Oxfordshire and West Berkshire

<http://www.cruse.org.uk/>

01865 245398

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Oxford

<http://uk-sobs.org.uk/>

Vanessa on 01865 245 398

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Ipswich

<http://uk-sobs.org.uk/>

Suzy on 07531087623

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Lowestoft

<http://uk-sobs.org.uk/>

Suzy on 07531087623

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Bury St Edmunds

<http://uk-sobs.org.uk/>

Suzy on 07531 087623

Groups; Online; Peer support

Kingston Bereavement Service

<http://www.kingstonbereavementservice.org.uk/>

0208 5471552

Monday - Saturday 10am-9pm (counselling hours)

Family support; One on one support; Online;

School Support; Support for Children

Jigsaw4u

<http://www.jigsaw4u.org.uk/index.html>

0208 6871384

Mon-Fri 9am – 5pm

Family support; Groups; One on one support;

Online; School Support; Support for Children

SOBS – Guildford

www.uk-sobs.org.uk

01730 895835 (please leave a message)

Groups; Online; Peer support

Cruse Bereavement Care - Surrey North Area

<http://www.cruse.org.uk/>

01932 571177

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Surrey

<http://uk-sobs.org.uk/>

Ann on 0785 142 0526

Groups; Online; Peer support

Cruse Bereavement Care - Pulborough

<http://www.cruse.org.uk>

01798 839141

Groups; Online; Peer support

South England

Daisy's Dream

www.daisysdream.org.uk

01189 342604

Mon - Fri 9am – 5pm

Family support; Online; Support for Children

Cruse Bereavement Care - Thames Valley

<http://www.cruse.org.uk/>

01344 411919

Groups; Online; Peer support

Child Bereavement UK

www.childbereavementuk.org

01494 568900

Mon - Fri 9am – 5pm

Family support; Groups; Helpline; One on one support;

Online; School Support; Support for Children

Cruse Bereavement Care - Amersham Area

<http://www.crusebucks.org.uk/>

01494 766 455

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - Aylesbury Area

<http://www.crusebucks.org.uk>

01296 425 757

Groups; Online; Peer support

Simon Says

www.simonsays.org.uk

0845 3055744

Helpline Mon – Fri 9am - 9pm

Family support; Group; Helpline; Online;

School Support; Support for Children

Cruse Bereavement Care - South Hampshire Area

<http://www.cruse.org.uk/Southampton>

0844 8793448

Groups; Online; Peer support

South West England

Pete's Dragons - Devon

<http://www.petesdragons.org.uk/>

01395 277 780

Mon – Fri 10am – 4.30pm

Support; financial support; prevention; Home visits;
Courses

Suicide Liason Service

<http://www.outlooksw.co.uk/suicide-liason-service>

All of Cornwall & Isles of Scilly

Self-refer online or call 01208 871905

Mon – Thurs 9am - 6:30pm, Fri 9 am-5pm

Suicide bereavement support; Home visits;

Signposting; Support with inquests; Information

Cruse Bereavement Care - Bristol & District Area

<http://crusebristol.org.uk/>

0117 926 4045

Mon-Fri 9.30am-5pm

Group; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Portsmouth

<http://uk-sobs.org.uk/>

Susan on 07748 986 631

Groups; Online; Peer support

Cruse Bereavement Care - Isle of Wight Area

<http://www.cruse.org.uk/Newport>

01983 523 030

Groups; Helpline; Online; Peer support

Penhaligon's Friends – Cornwall

www.penthaligonsfriends.org.uk

01209 215889

Mon – Fri 9am – 5pm

Family support; Online; Peer support;

Resources; Support for Children

Survivors of Bereavement by Suicide (SoBS) - Cornwall

<http://uk-sobs.org.uk/>

Kath on 07952 410 637

Groups; Online; Peer support

Cruse Bereavement Care - Devon

<http://www.cruse.org.uk/>

0300 3305466

Helpline Mon – Fri 10.30am - 2.30pm

1-to-1 support - Mon – Fri morning - evening

Groups; Online; Peer support

Cruse Bereavement Care - Dorset Area

<http://www.cruse.org.uk/>

01305 260 216

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) – Bournemouth

<http://uk-sobs.org.uk/>

Ingrid on 07847 044 797

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - New Forest Area

<http://www.cruse.org.uk/Dorset>

01202 302000

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Exeter

<http://uk-sobs.org.uk/>

Barbara on 07811 026 46

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Gloucester

<http://uk-sobs.org.uk/>

Trish on 01452 371 945

Groups; Online; Peer support

Winston's Wish

www.winstonswish.org.uk

01242 515157

Helpline: 9am – 5pm

Family support; Groups; One on one support; Online;

Resources; School Support; Support for Children

Cruse Bereavement Care - Somerset Area

<http://www.cruse.org.uk>

01458 898211

Groups; Online; Peer support

MindTWS (Somerset Suicide Bereavement Support Service)

mindtws.org.uk

01823 334906

24 hour Helpline

Peer support; Practical/Legal;

Resources; School Support; Support for Children

Cruse Bereavement Care - Bath & Wiltshire

<http://www.cruse.org.uk>

01761 417250

Group; Online; Peer support

Cruse Bereavement Care - Swindon Area

<http://www.cruse.org.uk>

01793 619 933

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Swindon

<http://uk-sobs.org.uk/>

07543 242 332

Groups; Online; Peer support

Cruse Bereavement Care - North Hampshire Area

<http://www.cruse.org.uk>

0844 3303701

Groups; Helpline; Online; Peer support

The Midlands

Cruse Bereavement Care - Boston Branch

<http://www.cruse.org.uk>

01205 357396

24/7 answerphone. Please leave a message

Group; Online; Peer support

The Lowdown Youth Counselling, Information & Support Service

<http://thelowdown.info>

01604 634385

Mon - Fri 4-7pm, Mon & Wed 12-3pm, Sat 10am - 4pm

Crisis Centre; Helpline; One on one support;

Online; School Support; Support for Children

Nottingham Counselling Service

<http://www.nottinghamcounsellingcentre.org.uk>

01159 501743

Mon - Fri 9am – 8pm

Family support; Groups; One on one support;

Online; Support for Children

Spiral at Family Care - Nottingham

www.familycare-nottingham.org.uk

01159 603010

Counselling; Family support; Group Support;

One on one support; Support for Children

A Child Of Mine - Stafford

<http://www.achildofmine.org.uk/>

01785 283434

Monday to Friday 9am - 5pm

Helpline; Online; Resources

The Dove Service – Stoke on Trent

www.thedoveservice.org.uk

01782 683155

Mon - Weds 9am-5pm, Thurs 9am-7pm,

Fri 9am-4pm, Sat 9.30am - 12.30pm

Groups; Online; Support for Children

Survivors of Bereavement by Suicide (SoBS) - Tamworth

<http://http://uk-sobs.org.uk/>

Sue on 07580 186 777

Mon – Fri 9am - 9pm

Groups; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) Uttoxeter

<http://http://uk-sobs.org.uk/>

Joy or Phil 07950 269 539

Daily (9am - 9pm)

Groups; Helpline; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Leamington

<http://http://uk-sobs.org.uk/> Leamington

Warwickshire

Daily (9am - 9pm)

Groups; Helpline; Online; Peer support

Cruse Bereavement Care - Birmingham

<http://www.cruse.org.uk/birmingham-area>

0121 687 8011

Mon & Fri 9.30am - 5pm, Tues-Thurs 9.30am-8pm

Groups; 1-to-1 support; Online; Peer support; Support for Children

Walsall Bereavement Support Service

www.wbss.org.uk

01922724841

Mon - Fri 9.30 - 6.30pm

Family support; Helpline; One on one support;

Online; Resources; Support for Children

Beyond the Horizon Charity - Birmingham

www.beyondthehorizon.org.uk

01214 445454

Mon-Fri 9am-5pm Sat 10am- 2pm

Family support; Online; Support for Children

Edward's Trust – Birmingham

<http://www.edwardstrust.org.uk/>

01214 541705

9am – 5pm Mon to Fri

Family support; 1-to-1 support; Online;

Support for Children

Survivors of Bereavement by Suicide (SoBS) - Solihull

<http://http://uk-sobs.org.uk/>

Jenny on 07429 499 541

Daily 9am - 9pm

Groups; Helpline; Online; Peer support

Survivors of Bereavement by Suicide (SoBS) - Walsall

<http://http://uk-sobs.org.uk/>

Elaine on 01922 724841

Daily (9am - 9pm)

Groups; Helpline; Online; Peer support
Survivors of Bereavement by Suicide (SoBS) Bromsgrove
[http://http://uk-sobs.org.uk/](http://uk-sobs.org.uk/)
Karen on 0781 1172 767
Daily 9am - 9pm
Groups; Helpline; Online; Peer support

Touchstones Child bereavement Support
Worcestershire
touchstones-support.org.uk
07547 367267
Weekdays - Call/email for details
Family support; Resources; School Support;
Support for Children