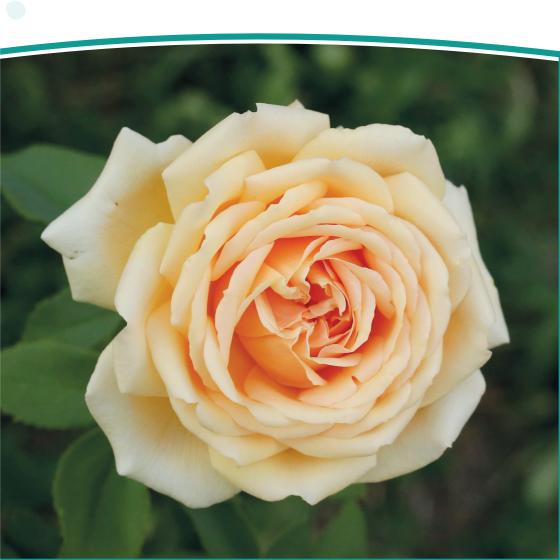


# Where to find advice and support Bereavement Support Services



#### **Bereavement Support Services**

St Margaret's Bereavement Support Service offers a range of services for the bereaved families, friends and carers of our patients as well as the professionals who support them. We offer a number of services across Somerset, including: a dedicated bereavement support telephone line, face to face support, counselling, bereaved partners support groups and family support. For more information on our services, please call **01935 709497**.

We also acknowledge a wealth of advice, support and information from other providers. This leaflet contains a variety of contacts you may find useful.

#### Where to get help?

#### Cruse Bereavement Care 0808 808 1677 www.cruse.org.uk

A free confidential service offering one to one bereavement support. The Somerset Central Response Line is staffed 10.30am to 1.30pm Mon to Fri. Answerphone facility at all other times.

#### Citizens Advice 03444 111 444 www.citizensadvice.org.uk

Free, independent, confidential and impartial advice to everyone on their rights and responsibilities. Available online, by phone and local to you.

#### Age UK Somerset 01823 345613 www.ageuk.org.uk/somerset

A range of services including information, advice, advocacy, befriending and welfare benefits advice.

### Somerset Suicide Bereavement Support Services

www.mindinsomerset.org.uk/ our-services/somerset-suicidebereavement-support-service

Offers free services in support of anyone, aged 14+ in Somerset, that is affected by the death of someone through suicide. There is also a 24/7 Helpline available.

#### Mind in Somerset 01823 276892 www.mindinsomerset.org.uk

A mental health charity providing peer, group, 1:1 adult and young people support in Somerset.

### The Good Grief Trust www.thegoodgrieftrust.org

Information includes details of local and national charities, helplines, advice and encouraging stories from others to help in the most difficult of times and to find a way forward with life.

#### The Compassionate Friends 0345 123 2304 www.tcf.org.uk

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of those who have suffered the death of a child or children of any age and from any cause.

### The Samaritans 116 123

www.samaritans.org

Available 24hrs a day, 365 days a year, to provide confidential emotional support for people who are experiencing feelings of bereavement, distress or despair, including those which may lead to suicide. Phone calls charged at local rate or call in at your local branch between 9am - 9pm.

#### **WAY**

#### www.widowedandyoung.org.uk

A peer support group for men and women aged 50 or under when their partner has died.

#### WAY UP

www.way-up.co.uk

Way Up is an active on-line self-help group aimed at providing mutual support to those who have been widowed primarily, but not exclusively, in their 50's and 60's.

## The Rosie Crane Trust 01460 55120 www.rosiecranetrust.org

Support for bereaved parents after the loss of a son or daughter of any age including: monthly drop-in centres, 24 hour listening ear helpline, befriending and subsidised counselling.

#### We Hear You 01373 455 255 www.wehearyou.org.uk

Free, professional counselling for anyone affected by cancer or a life-limiting illness including patients, their families, friends and carers.

#### Children and young people

Websites for those who support bereaved children and young people:

www.winstonswish.org
www.hopeagain.org.uk
www.childbereavement.org.uk
www.griefencounter.org.uk

#### **Bereavement Support Team**



01935 709497

bereavement.team@st-margarets-hospice.org.uk

St Margaret's Hospice Care Taunton Hospice, Heron Drive, Bishops Hull, Taunton, TA1 5HA St Margaret's Hospice Care Yeovil Hospice, Little Tarrat Lane, Yeovil, BA20 2HU

st-margarets-hospice.org.uk

St Margaret's Hospice Care is committed to taking your privacy seriously and protecting your personal information. If you want to know more about how we use your data go on the 'privacy statement' on our website or ask for a copy of this information via info@st-margarets-hospice.org.uk

Please note all incoming and outgoing calls may be recorded for training and quality purposes.

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