

Local and National Bereavement Support

Bereavement



Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss. Losing someone important to us can be emotionally devastating, whether that be a partner, family member, friend or pet. It is natural to go through a range of physical and emotional processes as we gradually come to terms with the loss. Bereavement affects everyone in different ways, and it is possible to experience any range of emotions. There is no right or wrong way to feel.

More information, advice and support

[At A Loss](#) is a signposting website providing information about bereavement services and counselling.

[Bereaved through Alcohol and Drugs \(BEAD\)](#) provide information and support for anyone bereaved through drug or alcohol use.

The [Bereavement Advice Centre](#) (Call: 0800 634 9494) provide practical information and advice including what to do first, how to register a death, finding a funeral director, probate and other legal procedures.

[Child Bereavement UK](#) (Call: 0800 028 8840) provide support when a child is dying, or children are facing bereavement.

The [Coroners' Courts Support Service](#) (Call: 0300 111 21 41) provide support and guidance for bereaved people attending Inquests.

[Cruse Bereavement Care](#) (Call: 0808 808 1677) provide information and support after a bereavement.



[Dying Matters](#) is a coalition of individual and organisational members, aiming to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

The [Good Grief Trust](#) is a charity run by the bereaved, helping all those suffering grief to find reassurance, advice and support.

[Mind](#) provide a range of bereavement information including details of experiences of grief and the types of feelings that are common during the grieving process.

The [National Bereavement Partnership](#) (Call: 0800 448 0800) provide support, counselling referrals and a befriending service for all those suffering from anxiety, grief or mental health issues.

The NHS Bereavement Helpline (Call: 0800 2600 400) provide guidance and advice on dealing with grief.

It is staffed by trained nurses who are highly skilled and experienced in working with bereaved families.

NHS Inform provide a [self-help guide](#) for coping with bereavement that uses cognitive behavioural therapy and the [NHS Website](#) provides information about grief after bereavement.

[Samaritans](#) (Call: 116 123 or email: jo@samaritans.org) are open 24/7 for anyone who needs to talk.

[Sudden](#) (Call: 0800 2600 400) provide support for people bereaved by sudden death.

[Survivors of Bereavement by Suicide](#) (Call: 0300 111 5065) and [Suicide Bereavement UK](#) (Call: 01706 827 359) provide emotional and practical support for those bereaved or affected by suicide.



Support available locally

The [Ghazali Trust](#) is a community-based response providing support and advice in a culturally sensitive and supportive way.

[Greater Manchester Bereavement Service](#) (Call: 0161 983 0902) helps people to find local support.



[Oldham Healthy Minds](#) (Call: 0161 716 2777) and [Oldham Healthy Young Minds](#) (Call: 0161 716 2020) offer counselling to help manage feelings of depression or anxiety that may be related to bereavement. They

accept self-referrals and referrals from professionals, such as GPs.

Samaritans have a [Rochdale, Oldham and District Branch](#) located in Rochdale town centre.

Bereavement Care and Support at Royal Oldham Hospital

The End of Life Care Team are committed to support all areas within [Royal Oldham Hospital](#). The hospital is part of the Northern Care Alliance NHS Group who use the [Swan model](#) of end of life and bereavement care to support the care of patients and their loved ones that they care for at the end of life and after they have died.

Bereavement Support from Dr Kershaw's Hospice

[Dr Kershaw's Hospice](#) offer a [telephone advice service](#) for families and friends whose loved ones have been cared for in their inpatient unit or by their community Hospice at Home service. They also have a trained Bereavement Support Nurse who works closely to support and provide a listening ear.

Website: www.oldhamsafeguarding.org

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