






Useful Contacts

 <i>Somebody to turn to when someone dies</i>	<p>Cruse is here to support you after the death of someone close. Call: 0808 808 1677 www.cruse.org.uk</p>	<p>Opening hours: 24/7</p>
	<p>We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. Call: 0300 111 5065 www.uksobs.org</p>	<p>Opening hours; 9am to 9pm, Monday to Friday (online forum and email support available)</p>
	<p>We provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them. Call: 116 123 www.samaritans.org</p>	<p>Open Round the clock every day of the year</p>
	<p>Help for adults concerned about a child Call 0808 800 5000 Help for children and young people Call Childline on 0800 1111 www.nspcc.org.uk</p>	<p>Open Round the clock every day of the year</p>
	<p>The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis. Call: 0800 58 58 58 www.thecalmzone.net</p>	<p>5pm–midnight daily</p>
	<p>Support for those dealing with suicide, depression or emotional distress – particularly teenagers and young adults. Call: 0800 068 41 41 www.papyrus-uk.org SMS: 07786 209697</p>	<p>Opening hours Mon-Fri: 10am-10pm, Weekends: 2pm-10pm & bank holidays: 2pm-5pm</p>
	<p>Parents' Information Service gives advice to parents or carers who may be concerned about the mental health or emotional well being of a child or young person. Call: 0808 802 5544 www.youngminds.org.uk</p>	<p>Monday – Friday 12pm – 10pm Weekends Closed</p>
	<p>TCF offers many different kinds of support for bereaved families. Whatever the cause of your loss, wherever you are in the UK, and whatever your circumstances – we are here to help. Call: 0345 123 2304 www.tcf.org.uk helpline@tcf.org.uk</p>	<p>Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00</p>
	<p>NHS 111 is an out of hours helpline for care that isn't a 999 emergency. Call: 111 NHS Moodzone gives general Bereavement Counsellor advice on coping with bereavement. Coping with Bereavement</p>	<p>Open 24/7 Available 24/7</p>
	<p>Offer face to face bereavement support services for families where a baby or child has died or where children and young people, up to 25, are bereaved. Call: 0800 02 888 40 www.childbereavementuk.org</p>	<p>Line open 9-5, Monday to Friday</p>