

Child Bereavement UK

A national charity providing support for bereaved families and professionals who work with them.

Helpline: 0800 02 888 40

Email: support@childbereavementuk.org

Website: www.childbereavementuk.org

The Compassionate Friends

Support for parents affected by the death of a child (at any age).

UK Helpline: 0345 123 2304, Northern Ireland: 0288 77 88 016

Email: helpline@tcf.org.uk

Website: www.tcf.org.uk

WAY - Widowed and Young

Social support network for men and women widowed under the age of 50 and their children.

Email: enquiries@widowedandyoung.org.uk

Website: www.widowedandyoung.org.uk

PETAL Support (People Experiencing Trauma and Loss)

A Scottish charity providing practical and emotional support, for people bereaved through murder, culpable homicide or suicide.

Phone: 01698 324502

Email: info@petalsupport.com

Website: www.petalsupport.com

Scottish Families Affected by Drugs and Alcohol (SFAD)

Offer support and information throughout Scotland for anyone bereaved through drugs or alcohol.

Helpline: 08080 10 10 11

Email: helpline@sfad.org.uk

Website: www.sfad.org.uk/support-services/bereavement

Survivors of Bereavement by Suicide (SOBS)

Support and advice for people bereaved by suicide.

UK Helpline: 0300 111 5065

Email: email.support@uksobs.org

Website: www.uksobs.org

Useful contacts - local and national services



Useful contacts and support services

The death of someone close is a major event in anyone's life and there are no quick ways of adjusting. If you feel you are not coping, there are services that can provide support. Bereavement can also bring about practical, legal and financial issues that require advice and assistance.

NHS Lothian Bereavement Service

Provides advice and information on what to do after a death, and can help you find other sources of bereavement support and counselling.

Phone: 0131 242 6995

Email: bereavement.service@nhslothian.scot.nhs.uk

Website: <https://services.nhslothian.scot/BereavementService>

Social Security Scotland

if you live in Scotland and receive certain benefits or tax credits you can apply for help towards funeral costs. You can find more information and make a claim by phone or via the website.

Phone: 0800 182 2222

Website: www.mygov.scot/benefits/funeral-support

DWP Bereavement Service

Information on claiming help with funeral costs if you live in other parts of the UK and receive certain benefits or tax credits.

Phone: 0800 731 0469 or Textphone: 0800 731 0464

Website: www.gov.uk/funeral-payments

Down to Earth (part of Quaker Social Action)

If you are worried about paying for a funeral Down to Earth offers free advocacy and practical guidance, and can help you apply for financial assistance.

Phone: 020 8983 5055

Email: downtoearth@qsa.org.uk

Website: www.quakersocialaction.org.uk/

Citizens Advice Scotland

Advice on a range of issues including money, debt, benefits, legal issues and housing. Details of local branches can be found on their website: www.citizensadvice.org.uk/scotland

Age Scotland

Provide information, advice and support for older people in Scotland. Cover practical issues such as arranging a funeral, sorting out an estate or coping with loneliness.

Phone: 0800 12 44 222

Website: www.ageuk.org.uk/Scotland

Breathing Space

A confidential helpline for anyone in Scotland feeling low, anxious or depressed. Operates overnight during the week and 24 hours a day at the weekend, when other support may not be available.

Helpline: 0800 83 85 87

Open: Mon - Thurs, 6pm - 2am and Friday 6pm – Monday 6am

Website: www.breathingspace.scot

Cruse Bereavement Care Scotland

Bereavement support and one-to-one counselling at local offices throughout Scotland, Edinburgh and the Lothians.

Phone: 0845 600 2227

Email: support@crusescotland.org.uk

Website: www.crusescotland.org.uk

Cruse Bereavement Care (in England, Wales and Northern Ireland)

Offers support, advice and information when someone dies.

Phone: 0808 808 1677

Email: helpline@cruse.org.uk

Website: www.cruse.org.uk

Acorns Bereavement Support Programme

A local service offering a six-week programme of practical help and group support in Edinburgh.

Phone: 0131 510 8393

Email: acorns.info@gmail.com

Richmond's Hope

A local charity supporting bereaved children and young people aged from 4 -18 yrs in Edinburgh and the Lothians.

Phone: 0131 661 6818

Email: info@richmondshope.org.uk

Website: www.richmondshope.org.uk