

OVER 50s BEREAVEMENT AND GRIEF RESOURCES INFORMATION



SUPPORT IN HARINGEY

Haringey Talking Therapies (NHS)

<https://www.whittington.nhs.uk/default.asp?c=44165>

<https://www.northlondonmentalhealth.nhs.uk/talking-therapies/>

Haringey Talking Therapies **does not** offer bereavement counselling on its own, however the service will see someone if they present with a mental health difficulty (e.g. depression) due to bereavement.

North London Hospice

If you have lost someone that North London Hospice has cared for, you can contact North London Hospice by phoning 0800 368 7848 during working hours or email:

nlhbereavement@northlondonhospice.co.uk

North London Hospice primarily provides support to families in Barnet and Enfield. However, if you live in Haringey and need support, please get in touch.

Haringey Reach and Connect

Reach and Connect **does not** provide specific bereavement support. However, the service can support bereaved residents to get connected to other services and support to help them cope with bereavement.

Referral: Complete the online form at <https://reachandconnect.net/get-support/referral-form>

☎: 020 3196 1905 or **Email:** hello@reachandconnect.net

Mind in Haringey - Counselling

Our Low-cost Daytime Service costs **£35 per session** for up to 12 sessions. This service operates **Mon – Fri between 11:00 am – 4:00 pm.**

Please complete and submit the self-assessment form below, ensuring that all mandatory questions are answered.

<https://www.mindinharingey.org.uk/our-services/counselling/access-counselling/>

To secure your place on the waiting list, a holding fee is required when you submit the form. This fee is equivalent to one session (£35) and will be deducted from the total cost of your sessions. Once you have been allocated sessions, session fees will be collected in blocks of four. You will pay the remaining balance of the first block, then continue with block payments for subsequent sessions.

Please note that the holding fee is non-refundable.

If you are unable to make an online payment, please contact us to arrange an alternative method.

After submitting the form, a member of our team will contact you within 7 to 10 working days.

How to access the service

Contact Details:

Email: counselling@mih.org.uk

Phone: 0208 340 2474 (option 2)

SUPPORT SPECIFICALLY FOR OVER 50s

Way Up

<https://way-up.co.uk/>

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

The Good Grief Trust

<https://www.thegoodgrieftrust.org/find-support/for-over-50s/>

SUPPORT FOLLOWING SUICIDE

Survivors of Bereavement by Suicide Haringey

SOBS exists to provide free peer support to adults bereaved by suicide.

<https://uksobs.com/>

For further information on group meeting times please contact the group directly via email on haringey@uksobs.org or call them on 07934 976 253.

Second Wednesday of every month 7pm to 8.45pm

Amparo

<https://amparo.org.uk/>

Amparo is a confidential service. The Service provides practical and emotional short term or longer-term support for people bereaved by suicide, including immediately after loss or in the longer term.

Support can be provided one to one, to family groups, or groups of work colleagues. Amparo is currently offered by telephone or video link, in person, walk and talk or in community venues.

Suicide Crisis for Men James Place

<https://www.jamesplace.org.uk>

Therapeutic Intervention Service for Men experiencing a suicidal crisis

NATIONAL SUPPORT AND WELLBEING

Cruse Bereavement Support

Cruse provides free advice, emotional support and information on practical matters for bereaved people. Support is offered face to face, over the phone, via email and online

Cruse helpline: ☎ 0808 808 1677 (open Monday, Thursday, Friday: 9.30am-5pm, Tuesday: 1pm-8pm, Saturday and Sunday- closed)

Online: You can contact Cruse through the form online at <https://www.cruse.org.uk/get-support/helpline/>

Website: <https://www.cruse.org.uk/>

At A Loss

Helping bereaved people find support and wellbeing

<https://www.ataloss.org/>

Age UK

How to deal with Grief after a Bereavement

<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/>

The National Bereavement Service

The National Bereavement Service provides practical and emotional assistance after a death. If you or a loved one is experiencing loss, you can access free support today.

<https://thenbs.org/>

Bereavement Advice Centre

There are many practical matters to attend to when someone dies. The Bereavement Advice Centre supports and advises people what they need to do after a death.

<https://www.bereavementadvice.org/>

The Compassionate Friends

Supporting Bereaved Parents and their families.

<https://www.tcf.org.uk/content/helpline/>

Marie Curie Support Line

Offer free information and emotional support for people living with a terminal illness, their families or carers

<https://www.mariecurie.org.uk/services/support-line>

Bereavement Support for those affected by a loved one's death from Cancer

<https://thelossfoundation.org/>

Sue Ryder

Free to access expert advice and support to help you or someone who is grieving

<https://www.sueryder.org/grief-support/services/>

SAMM - Support after Murder and Manslaughter

SAMM provides a wide range of peer support services to people bereaved by murder and manslaughter.

Peer support services include individual support, empowerment weekends, online peer support groups and an online forum.

All services are available for the bereaved, regardless of how long ago you lost a loved one.

Referrals:

SAMM helpline ☎: 0121 472 2912

SAMM text: 07342 888570.

Email: info@samm.org.uk Website: <https://samm.org.uk/>

ONLINE WEEKLY GRIEF/BEREAVEMENT SUPPORT

The New Normal

The New Normal provides **free non-judgemental peer support** for adults facing life's difficult moments, **particularly bereavement**.

<https://www.thenewnormalcharity.org/>

A completely free alternative to one-on-one therapy.

Changing how we discuss our grief, mental health and well-being in open and honest spaces.

Nobody should ever feel isolated, and there is always somebody who will relate to your story.

CULTURAL/ FAITH/COMMUNITY COUNSELLING SUPPORT

Muslim Bereavement Support Service

<https://mbss.org.uk/contact-us/>

Jewish Bereavement Counselling Service

Understand the specific issues raised by Bereavement within a Jewish context.

<https://jbcs.org.uk/>

Nafsiyat

<https://www.nafsiyat.org.uk/>

Nafsiyat Intercultural Therapy Centre: Unit 4, Lysander Mews, London, N19 3QP

Offer short-term intercultural therapy to people from diverse backgrounds who live in Islington, Enfield, Camden and Haringey. Provide therapy in over 20 languages.

ICAP

The only specialist British Based Counselling and Psychotherapy Service supporting people from the Irish Community.

<https://www.icap.org.uk/>

BEREAVEMENT AND LOSS COUNSELLING IN NORTH LONDON

CCIWBS

6-8 York Mews, Kentish Town, London, NW5 2UJ

Offer confidential counselling for everyone. Keen to support people who would not normally seek help through counselling. Welcome clients from every section of society: minority ethnic, different cultures, LGBTQ+, religious groups and older people.

SUPPORT FOR CARERS

Carers First

Carers First provides bereavement support through various channels, including local support groups for bereaved or former carers and a helpline at 0300 303 1555. They also offer a free resource called the "Carers Guide to Grief" which can help you navigate the complex feelings and emotions that come with a loss.

PAPYRUS

National charity dedicated to the prevention of young suicide.

PAPYRUS works with partners to shape and deliver effective suicide intervention initiatives in communities to meet the needs of young people who experience suicidal thoughts or behaviours, and those who are concerned about them. They lobby for policy change where these needs are not being met.

<https://www.papyrus-uk.org/>

Call: 0800 068 4141

Text: 88247

Email: pat@papyrus-uk.org

PET LOSS

BLUE CROSS

No one should face the pain of losing a pet alone. Blue Cross provides a free and confidential helpline, webchat, [email](#) and Facebook group, where you can find support when you need it.

Tel: 0800 096 6606. The webchat service webchat service is staffed by trained Pet Loss Support volunteers from 8.30am to 8.30pm, every day

<https://www.bluecross.org.uk/pet-loss>

or

<https://www.cruise.org.uk/about/blog/pet-loss-and-grief/>

BABY AND CHILD LOSS

- <https://www.lullabytrust.org.uk/bereavement-support/>
- <https://www.sands.org.uk/support-you/understanding-why-your-baby-died/baby-loss-support-information-and-useful-links>
- <https://www.nhsinform.scot/illnesses-and-conditions/pregnancy-and-childbirth/after-losing-a-baby/coping-after-youve-lost-a-baby/>
- <https://www.bliss.org.uk/parents/uncertainty-and-loss/bereavement-support>
- <https://www.childbereavementuk.org/>

<https://winstonswish.org/> (for children and young people aged 25 or under, across the UK who are bereaved, or are facing the death of someone important.)

FURTHER NHS RESOURCES

<https://www.nhs.uk/every-mind-matters/lifes-challenges/bereavement-and-traumatic-events/#bereavement>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/>

HELPLINES

<https://mentalhealthishealth.findahelpline.com/countries/gb/topics/grief-loss>

OTHER LINKS

<https://hubofhope.co.uk/>

<https://www.maytree.org.uk/> offer brief-stay crisis support by engaging with non-medical compassionate befrienders.

<https://www.ripplesofcompassion.com/> Supporting children with cancer/life-limiting conditions, their families & bereaved parents

<https://www.nationalgriefadvice.com/gamcare> National Grief Advice Service: Support for Grief and Loss