

# 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](mailto: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](mailto:hello@reachandconnect.net)

### **BAME Bereavement Support**

<https://www.bamestream.org.uk/bereavement-support/>

This is a FREE Bereavement Support Service that is being provided by our BAMEStream alliance member Nafsiyat Intercultural Therapy Centre. They offer therapeutic support in over 20 different languages and is committed to providing Covid-19 bereavement support to people from Black, Asian and other minority ethnic (BAME) communities.

Who we will support: Anyone aged 18 and over who identifies as Black, Asian or any other Minoritised Ethnicity who has been affected by the death of a loved one due to Covid-19, and is registered with a GP in England.

What we will provide: Nafsiyat will provide FREE culturally competent brief emotional online support to anyone from a Black, Asian or other Minority Ethnic background experiencing bereavement and loss due to the Covid-19 pandemic.

## **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](mailto: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/>

### **Maggie's Centre**

Groups for families, individuals, children, carers, and young people are led by a psychologist and provide support for people affected by the emotional impact of cancer. There are also networking groups for people living with the same type of cancer before, during, and after treatment. Each centre runs different groups. Find your nearest one below.

[maggies.org/our-centres](https://maggies.org/our-centres)

### **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](mailto: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://jbcsc.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](mailto: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.cruse.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