**Adnoddau Hunan Gymorth – Safleoedd Defnyddiol a Gwybodaeth**

**Profedigaeth**

Cruse Bereavement Care – offers in-person, telephone, email and website support for anyone who is bereaved.

[www.cruse.org.uk/](http://www.cruse.org.uk/)

Survivors of Bereavement by Suicide is a self-help organisation for those bereaved by suicide

[www.uksobs.org/](http://www.uksobs.org/)

Support After Suicide offers support for those bereaved or affected by suicide. It has useful information on practical support, emotional support and helping someone else.

<http://supportaftersuicide.org.uk>

The Miscarriage Association offers support and information to anyone affected by the loss of a baby in pregnancy.

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

The Loss Foundation provides cancer bereavement support.

[www.thelossfoundation.org](http://www.thelossfoundation.org)

Self-help strategies for bereaved people – also has links to information on coping with bereavement and dealing with sudden or violent death.

[www.dyingmatters.org/page/self-help-strategies-bereaved-people](http://www.dyingmatters.org/page/self-help-strategies-bereaved-people)

NHS111 Bereavement Support

<https://111.wales.nhs.uk/Bereavement/?locale=en&term=A>