

Self Help Resources – Useful sites & Information

Bereavement

Cruse Bereavement Care offers face-to-face, telephone, email and website support for anyone who are bereaved.

www.cruse.org.uk/

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

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

The Loss Foundation provides cancer bereavement support.

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

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