

The Samaritans: When life is difficult, Samaritans are here – day or night, 365 days a year. You can call them for free on 116 123, email them at [jo@samaritans.org](mailto:jo@samaritans.org), or visit [www.samaritans.org](http://www.samaritans.org) to find your nearest branch.

Cruse Bereavement Care: The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The number is [0808 808 1677](tel:08088081677) or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk). They also have a wonderful Facebook page.

At a loss is a website that signposts people with bereavement to the support that helps <https://www.ataloss.org/get-in-touch>

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Jolly Dollies is a social network group started by widows for widows the website: <https://thejollydollies.co.uk/>

Gingerbread is a group for single and equal parents <https://www.gingerbread.org.uk/> helpline number is: 0808 802 0925

WAY is a helpful website for widowed and young <https://www.widowedandyoung.org.uk/about-us/>

The Silverline is a helpline for older people, the helpline number is:0800 4 70 80 90

LGBT+ helpline is 0300 330 0630 <https://switchboard.lgbt/>

The good grief project is a wonderful resource with lots of very helpful information. There is a good grief Facebook page <https://thegoodgriefproject.co.uk/>