

## Bereavement services

Organisation	Description	Services	Contact
<b>Website</b>			
NHS	Advice on how to deal with grief	<ul style="list-style-type: none"> <li>• Dos and Don'ts when dealing with Grief</li> </ul>	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/">https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/</a>
Cruse Bereavement Care	Advice on how to deal with grief throughout COVID-19	<ul style="list-style-type: none"> <li>• Information on how to handle grief in this difficult time.</li> </ul>	<a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a>
The Housing Learning and Improvement Network	Briefing on how to help those who are in specialist housing such as retirement homes on overcoming grief	<ul style="list-style-type: none"> <li>• Information on how to help people through grief</li> </ul>	<a href="https://www.housinglin.org.uk/Topics/type/Coronavirus-COVID-19-Top-tips-in-Bereavement-Care-in-Specialist-Housing/">https://www.housinglin.org.uk/Topics/type/Coronavirus-COVID-19-Top-tips-in-Bereavement-Care-in-Specialist-Housing/</a>
Funeral Guide	Guide to helping those with learning disabilities understand and deal with grief	<ul style="list-style-type: none"> <li>• Top tips on how to explain and help someone come to terms with the loss</li> <li>• Online resources</li> <li>• Links to specific learning disability charities for further support</li> </ul>	<a href="https://www.funeralguide.co.uk/help-resources/bereavement-support/helping-the-bereaved/supporting-someone-with-a-learning-disability-through-grief">https://www.funeralguide.co.uk/help-resources/bereavement-support/helping-the-bereaved/supporting-someone-with-a-learning-disability-through-grief</a>
<b>Face to Face</b>			
Cruse Bereavement Care	Advice and counselling Free service	<ul style="list-style-type: none"> <li>• Face to face counselling service</li> <li>• Over the phone service</li> <li>• Advice and information on grief</li> </ul>	Telephone: 0300 311 9959 Email Address: <a href="mailto:westsussexarea@cruse.org.uk">westsussexarea@cruse.org.uk</a> Website: <a href="http://www.cruse.org.uk/west-sussex-area">www.cruse.org.uk/west-sussex-area</a>
Arise East Grinstead and surrounding areas	counselling service sliding scale payment depending on income	<ul style="list-style-type: none"> <li>• Face to face counselling</li> </ul>	<a href="http://www.arisecounsellingservice.com/">http://www.arisecounsellingservice.com/</a>
Mid Sussex Counselling Service	counselling service sliding scale payment depending on income	<ul style="list-style-type: none"> <li>• Face to face counselling</li> </ul>	<a href="https://www.midsussexcounsellingcentre.org.uk/">https://www.midsussexcounsellingcentre.org.uk/</a>
<b>Apps</b>			
Child Bereavement	Service for 11-25 year olds who have been bereaved	<ul style="list-style-type: none"> <li>• Apps</li> <li>• Groups</li> <li>• Family support</li> </ul>	<a href="https://www.childbereavementuk.org/get-support">https://www.childbereavementuk.org/get-support</a> App is available on google play and apple app store

<b>Podcasts</b>			
Griefcast	Podcast about different types of grief	<ul style="list-style-type: none"> <li>Podcast discussing Grief (recommended by Marie Curie)</li> </ul>	Available on I tunes and Acast <a href="https://www.mariecurie.org.uk/blog/six-apps-and-podcasts-for-when-youre-grieving/252888">https://www.mariecurie.org.uk/blog/six-apps-and-podcasts-for-when-youre-grieving/252888</a>
Terrible, thanks for asking	Podcast about Grief, different peoples experiences	<ul style="list-style-type: none"> <li>Podcast discussing Grief (recommended by Marie Curie)</li> </ul>	Available at <a href="http://tffa.org">tffa.org</a> or on <a href="#">iTunes</a> . <a href="https://www.mariecurie.org.uk/blog/six-apps-and-podcasts-for-when-youre-grieving/252888">https://www.mariecurie.org.uk/blog/six-apps-and-podcasts-for-when-youre-grieving/252888</a>