



We hope to be able to try to normalise grief and get people talking about this uncomfortable subject on a national platform.

This annual national event is driven by The Good Grief Trust, the UK's leading umbrella charity, bringing all UK bereavement services, support organisations and helplines together under one central database. Offering early signposting to a choice of support for both the bereaved and those working with them.

*"...it isn't the circumstances of the death that will predict a positive or negative outcome, it is the support they get at the time and after the death. This is the key component to anybody finding a way to rebuild their life." – Julia Samuel*

Please see below for support available.



## 24 HOUR SUPPORT LINES

**Samaritans** 116 123 (UK)

For anyone at any time for any reason

**Childline** 0800 1111

Support for 18yrs & under and their relatives

**Silverline** 0800 470 8090

Support for the over 50's

## Bereavement support helplines

### [Greater Manchester Bereavement Service](#)

Call on 0161 983 0902 for help in finding the right support for you, or you can email [salccg.gm.bs@nhs.net](mailto:salccg.gm.bs@nhs.net)

Monday to Friday, 9am to 5pm (except bank holidays)

Wednesday, 9am to 8pm

**On this site, you can find out about support in your area and nationally, as well as advice for practical issues that losing a loved one may bring.**

### [National Bereavement Partnership 0800 448 0800](#)

7am - 10pm - 7days a week

We are in unprecedented times and the impact of the COVID-19 pandemic has resulted in a worrying and anxious time for many people. This is particularly true, for those whose loved ones have died or are ill in hospital or other care settings and for key workers and NHS staff who continue to work and provide essential services.

Our purpose is to provide a helpline for all individuals seeking information, advice and support.

### [Sudden Bereavement Helpline 0800 2600 400](#)

10am - 4pm - Monday to Friday

From day one, onwards

Our vision is that people bereaved suddenly get help at a time of darkness to move to a brighter day.

We help when someone has died suddenly, or too soon in their life, because of

- a sudden medical reason (including COVID-19), or terminal illness
- injuries, caused by something that happened
- suicide

We help people most in the early days and weeks, but call us any time

## **Online support**

[Sue Ryder](#) - online counselling support

[Support for the newly bereaved](#) - useful videos and people's stories

[Cruse Bereavement Care](#)

[National Bereavement Alliance](#)

[Support for the Jewish Community](#)

[Support for the Muslim Community](#)

## **Supporting parents with sudden death in children and young adults**

[To Wish Upon A Star](#) - Helpline; 01443 853 125

[The Compassionate Friends](#) - Support for bereaved parents

[SUDCUK](#) - Support for sudden unexpected death in a child 1-18yrs  
Call 001 973 795 1257 (1.30pm-9.30pm Mon-Fri)

## **Looking after yourself following a suicide during this pandemic**

[Support after Suicide Partnership](#)

[Help is at Hand booklet - Suicide support](#)

**The Greater Manchester Suicide Bereavement Information Service** 0161 983 0700  
Open Monday – Friday, 10am-4pm

For more information, see the Good Grief website [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)