

Bereavement support

Experiencing bereavement is difficult at any time, however it can be particularly traumatic at this time due to the COVID-19 pandemic. If you are looking for support in coping with loss, or practical advice including arranging funerals, the following information is designed to help and guide you through this time.

Advice and guidance

- [BCP Council](#)
- [Dorset Council](#)
- [Bereavement Advice Centre](#)
- [UK Government advice](#)
- [British Psychological Society](#)

Bereavement support: Adults

- [Cruse](#) - 0808 808 1677
- [National Bereavement Partnership](#) - 0800 448 0800
- Funeral directors also offer bereavement support services, find your local funeral director at localfuneral.co.uk.

Bereavement support: Children and families

- [Mosaic](#) - 01258 837071
- [Winston's Wish](#) - 08088 020 021
- [Hope Again](#) - 0808 808 1677
- [Child Bereavement UK](#) - 0800 02 888 40
- [The Compassionate Friends](#) - 0345 123 2304
- [Simon Says](#) - 02380 647550

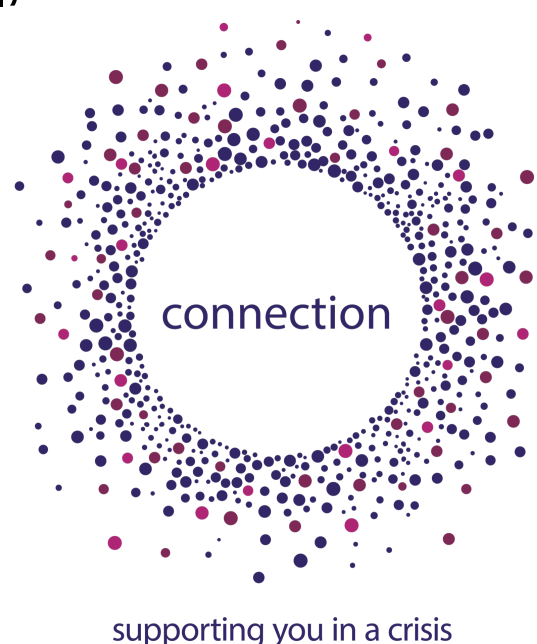
Other resources and support

- [Dorset Mental Health Forum](#)
- [Dorset Mind](#)
- [Rethink - Dorset Carers Support](#) - 01305 262771
- [Recovery Education Centre](#) - 01202 584478
- Chaplains can also help, please contact your local faith organisation or [Faithworks](#) who can direct you to multi-faith services and support.
- [Dorset Coroner's Service](#) - 01202 454910

Mental health crisis

If you are in extreme distress or feel you cannot cope, please contact [Connection](#), Dorset's 24/7 crisis line:
0300 123 5440

Or you can talk to [Samaritans](#) 24/7:
116 123



Bereavement by suicide

- [Help is at Hand](#)
- [Support After Suicide](#)
- [SoBs - Survivors of Bereavement by Suicide](#) - 0300 111 5065