

Local and National Greif and Loss/ Mental Health Services

Types of bereavement support available within Lincolnshire and nationally, including suicide bereavement services.

Connect to support Lincolnshire website has links to support services across Lincolnshire

[Connect to Support Lincolnshire | Lincolnshire/ Bereavement | Lincolnshire](#)- General bereavement & suicide bereavement support for all

<u>Grief and Loss services for children and young people</u>					
<i>Sign posting</i>					
		<ul style="list-style-type: none"> • Dealing with grief and loss Mental health advice YoungMinds • Grief Support & Advice National Grief Advice Service 			
Service	Local / National	Who is it aimed at	Contact details / Options for contact	Statement of purpose	Referral pathway
Winstons Wish:	National	Support for young people who have lost a parent or sibling	0808 802 0021 http://www.winstonswish.org.uk/ mailto:ask@winstonswish.org www.winstonswish.org/suggested-reading-list/	Our expert team provide bereavement support for parents, carers and professionals who are looking for childhood bereavement advice and support.	Self-referral
Lincolnshire Centre For Grief & Loss: (LCGL)	Lincolnshire / Local	General Bereavement	Carlton Centre 19 Carlton Mews, Lincoln LN2 4FJ Phone: 01522 546168 www.lcgl.org.uk (Lincolnshire Centre for Grief and Loss) www.ataloss.org email email@lcgl.org.uk	UK's signposting website for bereaved people, ensuring they and those supporting them find information and services appropriate to their loss.	Sign posting Route to other services

Lincoln Trauma Centre Bereavement by Suicide Support Group:	Lincolns hire/ Local	General Bereavement/ trauma	To benefit from counselling contact them on facebook, email or the phone numbers below; M: 07812661348 / 07443634793 lincolntraumacentre@gmail.com Support group information: https://involveincoln.org.uk/partners	“Lincoln Trauma Centre aims to reduce the stigma of psychological trauma throughout Lincolnshire and will provide a free or affordable support service to sufferers of trauma and their families” We are a team of Counsellors and Psychotherapists who specialise in Trauma/PTSD Therapy and mental health. We care about helping people through difficult times and always give our very best.	Self-referral
Papyrus	National	Suicide Prevention	Papyrus UK Suicide Prevention Prevention of Young Suicide 0800068 4141	PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.	Helpline
Child Bereavement UK	National	Bereavement support	Child Bereavement UK- www.childbereavementuk.org	Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying. We offer free, confidential bereavement support for individuals, couples, children, young people, and families, by telephone, video or instant messenger, wherever you live in the UK. We also offer face-to-face support from a number of locations.	Self-referral
Grief Encounter	National	Grief support	0800 802 0111 Home supporting bereaved children & young people - Grief Encounter	Supporting bereaved children and young people	Help line Self-referral
Samaritans	National	Support and Bereavement referral sign posting	https://www.samaritans.org/ day or night, on T: 116123	We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis	Self-referral & Sign posting

Hope Again	National	Young people age 12-25 experiencing bereavement	www.hopeagain.org.uk/ hopeagain@cruse.org.uk	Hope Again is the youth website of Cruse Bereavement Support . It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.	Self-referral
St Barnabas Hospice:	Lincolnshire/ Local	General bereavement	https://stbarnabashospice.co.uk/events/virtual-bereavement/ Virtual bookable bereavement groups via the website For urgent or one-to-one support there is a Bereavement Helpline which you can call any time between 11am and 3pm, Monday to Friday. Call 0300 303 1897 .	Our team of trained and experienced volunteers are here to offer you the help you may need at this time. These groups offer you a space to express your grief in a safe and supported environment with others that have also experienced bereavement.	Self-referral
SSAFA: Military Families Support Group:	Lincolnshire / Local	Includes support for families suffering bereavement due to suicide	https://www.ssafa.org.uk/get-help/military-families/bereavement-support-groups E : supportgroups@ssafa.org.uk	SSAFA offers three support groups, providing events which facilitate peer support, a safe space to grieve and an opportunity for respite	Self-referral
Child Bereavement UK	National	Support for when a child grieves or when a child dies	https://www.childbereavementuk.org/ Tel: 0800 028 8840	Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age	Self-referral
Cruse:	Lincolnshire/ Local	General bereavement	Lincoln Tel: 07900 317732 Email: Lincoln@cruse.org.uk Boston Tel: 01205 357396 Email: boston@cruse.org.uk Stamford & Bourne Tel: 07715 527611 Email: Stamford@cruse.org.uk	We offer a telephone helpline and web chat, and support sessions are being held over the telephone, email or internet.	Self-referral

			https://www.cruse.org.uk/get-help/local-s ervices/east-midlands/lincoln		
Cruse:	National	General bereavement (inc. specialised contact for CYP)	Offers telephone, email and website support. Free-phone national helpline and local services, and a website (hopeagain.org.uk) specifically for children and young people. https://www.cruse.org.uk Tel:0808 808 1677	Our vision is that all bereaved people have somewhere to turn when someone dies. Our mission is to offer support, advice and information to children, young people and adults when someone dies and to enhance Society's care of bereaved people. Our values: At Cruse Bereavement Care we are Responsive, Compassionate, Respectful, Supportive and Innovative.	Self-referral
The Compassionate Friends:	National with local contacts	All bereavement types	https://www.tcf.org.uk/ T: 0345 123 2304 National Coordinator available Nearest contacts in Skegness & Bottesford All info on the website inc. contact links, usually offer support groups	Charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.	Self-referral
Survivors of Bereavement by Suicide	National	Those bereaved by suicide	https://uksobs.org/we-can-help/suicide-b ereavement/ Email – email.support@uksobs.org Helpline – open 9am to 9pm Monday to Sunday 0300 111 5065	National charity providing dedicated support to adults who have been bereaved by suicide	Self-referral
Grief Encounter	National	supporting bereaved children & young people	www.griefencounter.org.uk	We work closely with individuals, families, schools and professionals to offer a way through the anxiety, fear and isolation so often caused by grief.	
Family Services Directory:	Lincolnshire / Local	Bereavement Services (Carers & YP)	https://lincolnshire.fsd.org.uk/ Links to various services available in the County for bereavement support – supporting carers and young people Phone numbers and routes to support info	Signposting site only – for treatment and support for grief, loss and bereavement	Sign posting route to other services
SHINE:	Local / Lincolnshire	Mental health network offering a sign posting to support	http://www.lincsshine.co.uk/ M: 07969 872 804	Lincsshine is an online resource in the form of a simple, searchable directory of people and organisations that can offer support to people with mental health issues	Self-referral

		services			
Age Uk	National	General bereavement	https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/bereavement/	Advice and sign posting for coping with bereavement	Self-referral
Sue Ryder	National	General bereavement	https://www.sueryder.org/how-we-can-help/online-bereavement-support	Online Bereavement Support makes it easy to connect with the right support for you - whether that's information and resources, qualified counsellors or a community of others with similar experiences	Self-referral

Bereavement Advice Centre	National	General bereavement	https://www.bereavementadvice.org/ Tel: 0800 634 9494	We give practical information and advice and signposting on the many issues and procedures that face us after the death of someone close	Self-referral
Support after suicide Partnership	National	Those affected by suicide	https://supportaftersuicide.org.uk/	This website has been developed with the help of both individuals with experience of suicide and professional bereavement organisations so you can explore practical information and find emotional support if you have been impacted by suicide.	Self-referral
UK Trauma Council	National	Trauma Support and resources	www.UKtraumacouncil.org	Resources and self help	Self Help

Wellbeing/ Mental Health Support

Child and Young Person

Child and Adult mental health services (CAMHS)- [Child and Adolescent Mental Health Services \(CAMHS\) :: Lincolnshire Young Minds](#)
www.lpft.nhs.uk/young-people

Here4You - 0800 234 6342- Self referral for children and young people

Healthy Minds- [Healthy Minds Lincolnshire :: Lincolnshire Young Minds](#)

Mental Health Support Teams (MHSTs)- [Mental Health Support Teams \(MHST\) :: Lincolnshire Young Minds](#)

www.kooth.com (11+ online counselling and forums)- [Kooth](#) offers an online mental wellbeing community for 10-25 year olds.

[Young Minds](#) Crisis Messenger provides free crisis support and links to a range of support options.

Childline - 0800 1111/ www.childline.org.uk

Adults

[Need urgent help? :: Lincolnshire Partnership NHS Trust](#)

Steps to change

[Home :: steps2change Lincolnshire](#)

Common mental health problems include anxiety, stress or depression. We are a free NHS service. It provides a range of evidence based talking therapies. These can help with problems such as depression, anxiety, post-trauma reaction, panic, phobia and Obsessive Compulsive Disorder (OCD). Links to talking therapies.

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, you can access local urgent mental health support by **calling NHS 111 and selecting the mental health option.**

If you or someone you know requires immediate assistance for serious or life-threatening emergency mental or physical health, please call 999 or go to the emergency department.

[SHOUT](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope and anyone in crisis. Text SHOUT to 85258. This service is free on all major mobile networks.

[Papyrus](#) (Prevention of Young Suicide) provides advice and support for young people who feel like

they want to take their own life, and all their advice is confidential. Call their HOPELineUK on:

0800 068 41 41 or text: 07786 209687 (lines are open every day from 9am to midnight).

[Nightline](#) offers a directory of confidential and non-judgemental support services run for students by students across the UK.

[Samaritans](#) are available 24/7 and offer a free anonymous non-judgemental listening service. They can be reached by phone on 116 123 or via email at jo@Samaritans

[The Mix](#) offers a free helpline for young people under 25 between 4pm – 11pm. Call 0808 808 4994 or you can email or text the Crisis Messenger service 24/7.

