



## Getting help when an adult is bereaved

This information offers ways of finding help from health professionals, local services, national organisations or books, when supporting an adult who has lost a loved one. It is not intended to replace medical advice given by a GP (family doctor).

There is a lot of help available, more than we have listed here, but unless you or a carer asks for it, people may assume that you are managing quite well on your own. We all need support and help at times so don't be afraid to ask, it could make all the difference to you.

Local organisations		
Contact	What they provide	How to contact
<b>Bereavement Care</b> Covers London boroughs of Harrow, Hillingdon and surrounding areas	Provides one-to-one opportunity for children and adults to share their feelings after the death of a relative or friend. Drop-in support groups.	Tel: 020 8427 5720 <a href="http://www.bereavementcareandsupport.co.uk">www.bereavementcareandsupport.co.uk</a>
<b>Hospice of St Francis</b> Spring Garden Lane Berkhamsted HP4 3GW	The Supportive Care Team is specially trained in counselling and family work, includes; counsellors, social workers, family therapists, art therapists and a team of highly skilled and trained volunteers.	Tel: 01442 869550 <a href="http://www.stfrancis.org.uk">www.stfrancis.org.uk</a>
<b>Link counselling service</b> Fountains Mill (1st floor) 81 High St, Uxbridge UB8 1JR	Information and counselling for ages 13-25 who live, work or study in Hillingdon. Self-referral: ring for appointment.	Tel: 01895 277222
<b>Rennie Grove Hospice Care</b> Waverley Rd, Grove House St Albans AL3 5QX	Bereavement support for family, friends of patients living in Buckinghamshire and West Hertfordshire.	Tel: 01727 731000 <a href="http://www.renniegrove.org">www.renniegrove.org</a>
<b>Peace Hospice Care</b> Peace Drive, Watford WD17 3PH	For individuals & families in Hertfordshire affected by a bereavement.	Tel: 01923 330 330 <a href="http://www.peacehospice.co.uk">www.peacehospice.co.uk</a>
<b>The Counselling Foundation</b> Hertfordshire and Bedfordshire	Provides counselling and counselling training. Offers bereavement support in Hertfordshire and Bedfordshire.	Bedford Tel: 01234 346 077 Broxbourne Tel: 01992 637 285 Luton Tel: 01582 732 450 St Albans Tel: 01727 856 693 Stevenage Tel: 01438 357 775 <a href="http://www.counsellingfoundation.org">www.counsellingfoundation.org</a>

National organisations		
Contact	What they provide	How to contact
<b>Cruse</b>	Bereavement support and practical advice. Local support available – phone or look on the website.	Tel: 0808 808 1677 www.cruse.org.uk
<b>Jewish Bereavement Counselling Service</b>	Offers support and help to the whole Jewish community.	Tel: 020 8951 3881 www.jbcs.org.uk
<b>Muslim Bereavement Support service</b>	Offers support and help to bereaved mothers who have lost a child in the Muslim community.	Tel: 020 3468 7333 www.mbss.org.uk
<b>SOBS (Survivors of Bereavement by Suicide)</b>	Offers emotional support and information to over 18's by telephone helpline, support groups, support days and residential events.	Tel: 0300 111 5065 www.uk-sobs.org.uk
<b>Sue Ryder</b>	Online bereavement counselling service for aged 18 and over. Also online community, information and resources.	www.sueryder.org
<b>WAY Widowed and Young</b>	For widows and widowers under 50. Provides support and advice through meetings, outings and online forums. Includes useful links.	www.widowedandyoung.org.uk

Books	
<b>The Bereaved Parent</b> Harriet Sarnoff Schiff Souvenir Press, 1979	A sensitively written book that discusses all the things that affect parents who have lost a child. Contains advice from other parents.
<b>The Empty Bed: Bereavement and the Loss of Love</b> Susan Wallbank Darton, Longman and Todd, 2010	Covers the death of a partner and the effects this has.
<b>Healing a Spouse's Grieving Heart</b> (100 practical ideas after your husband or wife dies) Alan D. Wolfelt Companion Press, 2003	Helping widows and widowers learn how to cope with their grief.
<b>If There's anything I can do...: How to Help Someone Who Has Been Bereaved</b> Caroline Voaden Independently published, 2020	Based on dozens of interviews with people who have lost their partner, this book tells what helped them and what upset them.
The Lynda Jackson Macmillan Centre library has additional books available to borrow or browse.	

The volunteers and professionals at the Lynda Jackson Macmillan Centre (LJMC) provide help, support and information in a relaxed setting. You can drop in without an appointment, or call the LJMC helpline on 020 3826 2555.