

## Bereavement Resources.

### Practical Issues.

#### After Death.

- Booklet by government 'What to do after a death in England and Wales' on [www.dwp.gov.uk/publications/dwp/2006/d49\\_april06.pdf](http://www.dwp.gov.uk/publications/dwp/2006/d49_april06.pdf). Lots of practical advice, what steps to take, who to call etc.
- Information from Citizens Advice Bureau on registering a death, arranging a funeral, dealing with property and organisations which can provide further help and counselling. [www.adviceguide.org.uk/index/family\\_parent/family/what\\_to\\_do\\_after\\_a\\_death.htm](http://www.adviceguide.org.uk/index/family_parent/family/what_to_do_after_a_death.htm) or contact directly on 0870 126 4850.
- Booklet 'What to do during your Bereavement' available from York Hospitals with practical advice and signposting information.
- Variety of information and links on practical, financial and other support on Age Concern website. [www.ageconcern.org.uk/AgeConcern/info\\_guide\\_14.asp](http://www.ageconcern.org.uk/AgeConcern/info_guide_14.asp)
- To register a person's death to stop unwanted direct mail to the deceased. [www.the-bereavement-register.com/uk](http://www.the-bereavement-register.com/uk)

#### Probate.

- For information on Probate (applying for the right to deal with a deceased person's affairs) there is guidance on [www.direct.gov.uk/en/Governmentcitizensandrights/Death/Preparation/DG\\_10029799](http://www.direct.gov.uk/en/Governmentcitizensandrights/Death/Preparation/DG_10029799)
- Direct probate helpline: 0845 3020 900

#### Benefits.

- Benefits - Payments available for widows and widowers including bereavement payment, widowed parent's allowance and bereavement allowance. [www.adviceguide.org.uk/index/life/benefits/benefits\\_and\\_bereavement.htm](http://www.adviceguide.org.uk/index/life/benefits/benefits_and_bereavement.htm)  
Also details and downloadable applications on: [www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/index.htm](http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport/index.htm)  
or ring Department for Work and Pensions: 0845 6060265

### Psychosocial Support.

- CRUSE website and helpline offers counselling, support and advice. [www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)  
0870 167 1677. For York office: 01904 481162

- Help the Aged website with bereavement leaflet, guidance and other relevant information.

[www.helptheaged.org.uk](http://www.helptheaged.org.uk)

- National Association of Widows offers a befriending service (including confidential telephone support), holidays and other local activities for widows/widowers.

[www.nawidows.org.uk](http://www.nawidows.org.uk)

02476 634848

- The Way Foundation provides a self-help social and support network for men and women widowed under the age of 50, and their children.

[www.wayfoundation.org.uk](http://www.wayfoundation.org.uk)

0870 011 3450

- National Association of Bereavement Services can refer individuals to their nearest Bereavement Support Service.

0202 7709 9090

- Lesbian and Gay Bereavement Project offers telephone helpline for advice and emotional support for people bereaved by the death of a same-sex partner.

020 7403 5969 Mon, Tues, Thurs 7pm – 10.30pm.

- The Compassionate Friends offer support for bereaved parents and their families through local befrienders and groups, online chatrooms/memorials, sibling support site (over 16 yrs).

[www.tcf.org.uk](http://www.tcf.org.uk)

General Helpline: 0845 123 2304

- Child Death Helpline provides a freephone service for anyone affected by the death of a child. Calls answered by bereaved parents. Interpreting available.

0800 282 986 Every evening 19.00 - 22.00, Mon to Fri 10.00 - 13.00, Tues and Wed 13.00 to 16.00

[www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

- The Child Bereavement Charity offers specialised support, information and training to all those affected when a baby or child dies, or when a child is bereaved. Also sells books, DVDs and other resources on bereavement and links to local support groups, including groups for young people.

01494 446648

[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

- The Samaritans offer a general helpline for emotional support.

08457 90 90 90

[www.samaritans.org.uk](http://www.samaritans.org.uk)

- Terence Higgins Trust offers practical support, counselling and advice for anyone who has lost someone due to AIDS.

0845 1221 200      10am to 10pm Mon to Fri  
12noon to 6pm Sat and Sun

[www.tht.org.uk](http://www.tht.org.uk)

- Royal College of Psychiatrists provide a helpful information booklet on grief and loss.

[www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/bereavement/bereavement.aspx](http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/bereavement/bereavement.aspx)

- Cancer Backup website gives information on books and resources for both adults and children on coping with bereavement. Also offers freephone telephone number for information and counselling.

[www.cancerbackup.org.uk](http://www.cancerbackup.org.uk)

0808 800 1234

For children and young people.

- CRUSE Bereavement Care Youth Line for children and young people aged 12 – 18 years who have been bereaved. Also gives details of bereavement counselling telephone numbers.

[www.rd4u.org.uk](http://www.rd4u.org.uk)

0808 080 1677

- Winston's Wish works with bereaved children and their families offering practical and emotional support, including group and individual activities, books and resources.

Helpline - 08452 03 04 05

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

- Riprap is a website that offers support and information to children and young people whose parents have cancer. Aimed at age 12-18 years.

[www.riprap.org.uk](http://www.riprap.org.uk)

- Macmillan Youthline offers information and support to young people from 12 – 21 years affected by cancer and a website aimed at young people with information and online activities.

0808 808 0800

Monday - Friday 9am - 9pm

[www.macmillan.org.uk/whybother/index.html](http://www.macmillan.org.uk/whybother/index.html)