



Helplines and online chatting

- [Adult Bereavement Support \(Manchester NHS Foundation Trust\)](#): Central 0161-276 8989, Children's Hospital and St. Mary's hospital 0161 701 8700, South 0161-291 2360
[North Manchester General Hospital Bereavement service](#) 0161-720 2199
- [The Bereavement Trust](#), 6-10pm every evening, 0800 435455
- [Childline](#) 24 hour helpline for under 25s and their relatives, 0800 1111
- [The Compassionate Friends](#), supporting bereaved parents and their families, 10am-4pm & 7-10pm, 0345 123 2304
- [Cruse Bereavement Care](#) trained volunteer helpline 0844 477 9400 Mon-Fri 9.30am-5pm or Young Person's [Hope Again service](#) and helpline 0808 808 1677
- [GriefChat](#) Monday-Friday, 9am-9pm, online chatting or 01524 782910
- [Grief Encounter](#) bereaved young people and children counsellors via webchat or 0808 802 0111 Monday-Friday 9-9
- [The Laura Centre](#), Monday-Friday 10-4, 0116 2182140
- [Marie Curie Support Line](#), befriending and online community for carers or those living with someone with a terminal illness (translators can be booked in over 200 languages), Monday-Friday 8-6 & Saturday-Sunday 11-5, 0800 090 2309
- [Samaritans](#), 24 hour helpline offering emotional support, 116 123
- [Shama Women's Centre](#), 0116-251 4747 to book a session (or mobile numbers on covid page, 9:15-6) in Gujarati, Hindi, Punjabi and Urdu.
- [Silverline](#) 24 hour helpline for the over 50s, 0800 470 8090
- [Sue Ryder](#) online adult bereavement counselling
- [Winston's Wish](#) for those supporting bereaved young people and children, 9-5, Monday-Friday, 08088 020 021

Emotional and practical information

- [Child Bereavement UK](#), when a child or young person dies or has to deal with bereavement; advice/resources for individuals & different sectors; [Covid-specific film](#)
- [Childhood Bereavement Network and covid](#) information and local support links
- [Dying Matters resources](#), coalition raising awareness of dying death & bereavement
- [Bereavement \(MIND\)](#), advice, guidance and support
- [Bereavement support and information \(Care for the Family\)](#) motivated by Christian compassion
- [The Good Grief Trust](#), by the bereaved for the bereaved: lots of information & links.
- [Bereavement advice and covid \(Sudden\)](#) for suddenly bereaved people
- [Bereavement](#) (a guide from Age UK)
- [Grief after bereavement and loss \(NHS\)](#) and [End of Life advice](#)
- [Manchester Safeguarding Partnership](#), bereavement advice and resources
- [Support for those bereaved \(Greater Manchester Mental Health NHS Trust\)](#)
- [Dealing with death](#), practical information from Manchester City Council
- [What to do when someone dies](#) (from the UK government)
- [Talking to children about covid 19 including bereavement](#) (Gaddum Centre)
- [Grieving in Exceptional Times](#) film (The Irish Hospice Foundation)

Collated by Hulme, Moss Side & Rusholme Health Development Coordinator, thanks to information from Manchester Health & Care Commissioning and other sources. v.1.1