

## **BEREAVEMENT SUPPORT AND ADVICE**

**If you have recently lost a loved one, we are truly sorry and would like to offer our heartfelt sympathy.**

At these times everyone needs love and support from caring family members and friends. Your local church may also be a very willing source of support, comfort and friendship.

Your doctor's surgery will offer help and the Citizens' Advice Bureau ([www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)) offers practical, impartial and confidential advice about what to do following a death and on financial matters.

However, if you feel you could do with some specific advice or counselling the organisations listed below may be able to help:

**Care for the Family** ([www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)) is an organisation offering support and advice from a Christian perspective.

**Counselling Directory** ([www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)) is a free confidential service that provides advice and will connect you with professional support.

**Cruse** ([www.cruse.org.uk](http://www.cruse.org.uk)) is an organisation that gives free support and counselling for those going through bereavement.

**Winston's Wish** ([www.winstonswish.org.uk](http://www.winstonswish.org.uk)) is the largest provider of services to bereaved children, young people and their families in the UK.