



# BEREAVEMENT SUPPORT FOR ADULTS

Scotty's Little Soldiers is dedicated to supporting bereaved Forces children and young people. We are unable to offer bereavement support to adults however we are here to signpost you to any further support you may need.

We have provided some details about organisations you can contact to get support and information but please note that Scotty's Little Soldiers is unable to recommend any of these organisations and is purely offering details of those that exist.

## GENERAL BEREAVEMENT SUPPORT

**FUNERAL DIRECTORS** offer local bereavement groups and so it would be worth asking if they could signpost you to one in your area.

**CHILDHOOD BEREAVEMENT NETWORK** You can find local support services via this link:  
[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

**CRUSE** can provide bereavement support directly to the family and partners of Service personnel through their National Helpline and network of local services.

Helpline: 0808 808 1677

Helpline email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

Website:

[www.cruse.org.uk/get-help/for-military-families](http://www.cruse.org.uk/get-help/for-military-families)

**AT A LOSS** is a signposting website for those who are bereaved. They offer professional support via 'Grief Chat'. Online live Chat (Mon-Fri 9am-9pm)

Website: [www.ataloss.org](http://www.ataloss.org)

**THE GOOD GRIEF TRUST.** A place to find information, advice and stories from others who have experienced a bereavement.

Website: [www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)

**WIDOWED AND YOUNG (WAY)** offers a peer-to-peer support network for anyone who's partner has died before their 51st birthday – married or not.

Website: [www.widowedandyoung.org.uk/](http://www.widowedandyoung.org.uk/)

## SPECIFIC BEREAVEMENT SUPPORT

**SOBS (SURVIVORS OF BEREAVEMENT BY SUICIDE)** provide support to those bereaved by suicide.

HELPLINE: 0300 111 5065 (Monday – Friday 9am-9pm)

HELPLINE EMAIL: [email.support@uksobs.org](mailto:email.support@uksobs.org)

WEBSITE: [www.uksobs.org/](http://www.uksobs.org/)

**BEAD (BEREAVED THROUGH ALCOHOL AND DRUGS)** provide information, support and hope for anyone whose loved one has died as a result of drug or alcohol use.

HELPLINE: 0808 808 1677

HELPLINE EMAIL: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

WEBSITE: [www.beadproject.org.uk](http://www.beadproject.org.uk)

**BRAKE HELPLINE** is a freephone support service, providing information and emotional support for UK residents bereaved or seriously injured in a road traffic collision.

HELPLINE: 0808 8000 401 (open Monday – Friday 10am – 4pm)

HELPLINE EMAIL: [helpline@brake.org.uk](mailto:helpline@brake.org.uk)

WEBSITE: [www.brake.org.uk/](http://www.brake.org.uk/)

**ROAD PEACE** helps bereaved families by providing peer support and connecting road crash victims with others similarly affected whilst providing ways to cope with the aftermath of a road death.

HELPLINE: 0845 4500 355 (Monday – Friday 10am – 1pm)

HELPLINE EMAIL: [helpline@roadpeace.org](mailto:helpline@roadpeace.org)

WEBSITE: [www.roadpeace.org](http://www.roadpeace.org)

**SUPPORT AND CARE AFTER ROAD DEATH AND INJURY** provides emotional and practical support through a helpline, support groups, meetings and personal support systems.

HELPLINE: 0845 1235542 (365 days per year 9am – 9pm)

WEBSITE: [www.scard.org.uk/index.html](http://www.scard.org.uk/index.html)

## BEREAVEMENT DIRECTORY

Bereavement support and resources from a variety of organisations - [www.goodgrieffest.com/resources-and-support/](http://www.goodgrieffest.com/resources-and-support/)

### MILITARY SPECIFIC SUPPORT

**FORCESLINE RUN BY SSAFA** is a free and confidential telephone helpline and email service.

**HELPLINE:** 0800 260 6767 ( 09:00 - 17:30, Monday to Friday)

**WEBSITE:** [www.ssafa.org.uk/get-help/forcesline](http://www.ssafa.org.uk/get-help/forcesline)

**COMBAT STRESS** offer free confidential advice and support.

**HELPLINE:** 0800 138 1619 (24 hours 365 days a year)

**TEXT:** 07537 173683 (Standard charges may apply for texts, please check with your provider)

**EMAIL:** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

**WEBSITE:** [www.combatstress.org.uk/helpline](http://www.combatstress.org.uk/helpline)

#### RAF WIDOWS:

**HELPLINE:** 0870 5143 901

**EMAIL:** [raf.widows@gmail.com](mailto:raf.widows@gmail.com)

**WEBSITE:** [www.rafbf.org/raf-widows](http://www.rafbf.org/raf-widows)

#### ARMY WIDOWS:

**HELPLINE:** 0300 666 0136

#### ONLINE CONTACT FORM:

[www.armywidows.org.uk/contact-us/](http://www.armywidows.org.uk/contact-us/)

**WEBSITE:** [www.armywidows.org.uk/](http://www.armywidows.org.uk/)

#### ROYAL NAVY ROYAL MARINES WIDOWS:

**PHONE:** 07462 376850

**EMAIL:** [sarah@rnmwidows.org](mailto:sarah@rnmwidows.org)

### BEREAVEMENT SUPPORT FOR CHILDREN AND YOUNG PEOPLE

**SCOTTY'S LITTLE SOLDIERS** As part of our SUPPORT Programme Scotty's offer direct 1:1 emotional bereavement support for our Members and Springboarders.

**SCOTTY'S FREE PHONE NUMBER:** 0800 092 8571 Option 1

**FAMILIES TEAM MOBILE:** 07741162132

**EMAIL:** [families@scottyslittlesoldiers.co.uk](mailto:families@scottyslittlesoldiers.co.uk)

**CHILD BEREAVEMENT UK** is a national charity which supports children and young people up to the age of 25 who are facing bereavement. They also offer parent specific groups.

**HELPLINE:** 0800 02 888 40 (free phone from Monday-Friday 9am-5pm)

**HELPLINE EMAIL:** [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

**WEBSITE:** <https://www.childbereavementuk.org/>

**GRIEF ENCOUNTER** supporting bereaved children & young people

**HELPLINE:** 0808 802 0111

**HELPLINE EMAIL:** [griefftalk@griefencounter.org.uk](mailto:griefftalk@griefencounter.org.uk)

**WEBSITE:** [www.griefencounter.org.uk/](http://www.griefencounter.org.uk/)

**YOUNG MINDS** is a charity fighting for children and young people's mental health.

**URGENT HELP TEXT YM TO 85258**

**PARENTS HELPLINE:** 0808 802 5544 (9:30am - 4pm, Mon - Fri).

**WEBSITE:** [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

### GENERAL COUNSELLING SERVICES

If you are seeking more general support, you can access assistance through your GP who can refer you to organisations in your area.

**MIND** offer support and self-care around bereavement. MIND provide a wide range of services relating to mental health. The national MIND organisation also works as an umbrella organisation to many local independent MINDs which provide different services across the country.

**INFOLINE:** 0300 123 3393

**WEBSITE:** [www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/](http://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/)

You can also research your own counsellor via [www.bacp.co.uk](http://www.bacp.co.uk) or [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk). Many counsellors work privately and so they will require payment for their time, which is often linked to your income and ability to pay.