



# Bereavement Support

Grief has no timetable. These are trusted organisations across Northern Ireland and the UK that can help, alongside us.

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## If you need to talk

- Cruse Bereavement Support - [cruse.org.uk](http://cruse.org.uk)
- Samaritans - call 116 123, free, any time
- Your GP can refer you to local counselling services

## For children and young people

- Winston's Wish - [winstonswish.org](http://winstonswish.org)
- Child Bereavement UK - [childbereavementuk.org](http://childbereavementuk.org)

## After a sudden or traumatic death

- HSC Bereavement Network NI - [bereaved.hscni.net](http://bereaved.hscni.net)
- Your GP and local Health and Social Care Trust services

## A gentle word

- Be patient with yourself
- Accept help when it is offered
- Talk about your loved one
- There is no right or wrong way to grieve
- We are here for you long after the funeral