



the gateway to learning & development

Bereavement and Loss

Careline:

Confidential telephone counselling for children and adolescents.

Tel: 0845 1228622

Cruse Bereavement Care:

Telephone: 0845 2669710

Email: essex@cruse.org.uk

Cruse Bereavement (Hope Again) Youth website:

'It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone'.

Website: <https://www.hopeagain.org.uk/>

DWP Bereavement Service - including bereavement benefits:

Telephone: 0800 731 0469

Textphone: 0800 731 0464

Havens Hospice:

*'Our Crisis Bereavement Line is a telephone helpline for bereaved adults and children from across Essex whose loved one has died directly or indirectly as a result of Coronavirus. Our phone line is open Monday to Sunday from 9am to 6pm, for support and advice call **01702 220 321**'.*

SAILS Bereavement Group:

'A new bereavement group for families of stillborn babies and early infant loss (SAILS). If you wish to know more about the SAILS group visit the website'.

Website: <http://www.southend.nhs.uk/about-us/media-centre/1week/21-02-19-sails-baby-loss-group/>



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