



Getting help when an adult is bereaved

This information offers ways of finding help from health professionals, local services, national organisations or books, when supporting an adult who has lost a loved one. It is not intended to replace medical advice given by a GP (family doctor).

There is a lot of help available, more than we have listed here, but unless you or a carer asks for it, people may assume that you are managing quite well on your own. We all need support and help at times so don't be afraid to ask, it could make all the difference to you.

Local organisations		
Contact	What they provide	How to contact
Bereavement Care Covers London boroughs of Harrow, Hillingdon and surrounding areas	Provides one-to-one opportunity for children and adults to share their feelings after the death of a relative or friend. Drop-in support groups - call for details.	Tel: 020 8427 5720 www.bereavementcareandsupport.co.uk
Hospice of St Francis Berkhamsted Hertfordshire	The Supportive Care Team is specially trained in counselling and family work. Counsellors, social workers, family therapist, art therapist and a team of highly skilled and trained volunteers.	Tel: 01442 869550 www.stfrancis.org.uk
Link counselling service Fountains Mill (1st floor) Uxbridge	Information and counselling for ages 13-25 who live, work or study in Hillingdon. Self-referral: ring for appointment.	Tel: 01895 277222
Michael Sobell Hospice Mount Vernon Hospital Northwood Middlesex	Counselling for bereaved families of Michael Sobell Hospice patients.	Reception Tel: 020 3826 2373 Office Tel: 020 3826 2376 - Bereavement support Co-ordinator 24hr advice line Tel: 020 3826 2377 www.michaelsobellhospice.co.uk
Rennie Grove Hospice Care Grove House St.Albans, Hertfordshire	Bereavement support for anyone living in St Albans, Harpenden, Hemel Hempstead, South Bucks, Wycombe, Ridgeway and Dacorum areas.	Tel: 01442 890222 www.renniegrove.org
South West Herts Bereavement Support Peace Hospice, Watford	For individuals & families in Hertfordshire affected by a bereavement.	Tel: 01923 229595 www.peacehospice.co.uk Bereavement Service Co-ordinator
The Counselling Foundation Hertfordshire and Bedfordshire	For adults and couples in Hertfordshire and Bedfordshire affected by a bereavement. Free with a GP referral.	Bedford Tel: 0123 346 077 Broxbourne Tel: 01992 637 285 Luton Tel: 01582 732 450 St Albans Tel: 01727 856 693 Stevenage Tel: 01438 357 775 www.counsellingfoundation.org.uk

National organisations		
Contact	What they provide	How to contact
Cruse	Bereavement support for everyone. Practical advice available on their website together with articles to download. Local support available – phone or look on the website.	Tel: 0808 808 1677 www.cruse.org.uk
Jewish Bereavement Counselling Service	Offers support and help to the whole Jewish community.	Tel: 020 8951 3881 www.jbcs.org.uk
Muslim Bereavement Support service	Offers support and help to women in the Muslim community.	Tel: 020 3468 7333 www.mbss.org.uk
SOBS (Survivors of Bereavement by Suicide)	Offers emotional support and information to over 18's by telephone helpline, support groups, support days and residential events.	Tel: 0300 111 5065 www.uk-sobs.org.uk
WAY Widowed and Young	For widows and widowers under 50. Enables young widows and widowers to support and advise each other through meetings, outings and online forums. Includes useful links.	www.widowedandyoung.org.uk

Books	
The Bereaved Parent Harriet Sarnoff Schiff Souvenir Press, 1979	A sensitively written book that discusses all the things that affect parents who have lost a child. Contains many personal accounts.
The Empty Bed: Bereavement and the Loss of Love Susan Wallbank Darton, Longman and Todd, 2010	Covers the death of a partner and the effects this has. Looks from the point of view of various groups of people.
Healing a Spouse's Grieving Heart (100 practical ideas after your husband or wife dies) Alan D. Wolfelt Companion Press, 2003	Helping widows and widowers learn how to cope with their grief.
If There's anything I can do...: How to Help Someone Who Has Been Bereaved Caroline Doughty White Ladder Press Ltd, 2007	Based on dozens of interviews with people who have lost their partner, this book tells what helped them and what upset them.
The Lynda Jackson Macmillan Centre library has additional books available to borrow or browse.	

The volunteers and professionals at the Lynda Jackson Macmillan Centre (LJMC) provide help, support and information in a relaxed setting. You can drop in without an appointment, or call the LJMC helpline on 020 3826 2555.