**BEREAVEMENT SERVICES: Counselling and Groups**

* **Andy’s Man Club, Rochdale: men**

**bereavement support group**

info@andysmanclub.co.uk

<http://andysmanclub.co.uk/>

* **Cruse Bereavement Care: adults and children**

**1:1 bereavement support**

<https://www.cruse.org.uk/>

Free helpline **0808 808 1677**

* **Child Bereavement UK: children & young people (up to 25), parents & families**

**1:1 and group bereavement support**

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

Helpline: 0800 02 888 40

* **Child Death Helpline: anyone affected by child death of any age, under any circumstances, however recent or long ago**

**1:1 telephone bereavement support**

<http://childdeathhelpline.org.uk/>

Free phones 0800 282 986 | 0808 800 6019

* **Compassionate Friends: bereaved parents**

**1:1 telephone and group bereavement support for parents**

[www.tcf.org.uk](http://www.tcf.org.uk)

Tel: 0345 123 2304

* **Drugfam: families bereaved by addiction**

**Telephone and group support**

Helpline: 0300 888 3853

[www.drugfam.co.uk](http://www.drugfam.co.uk)

* **Grief Talk: family and child bereavement support**

**1:1 counselling group counselling**

Tel: 0808 802 0111 (9am to 9pm)

Email: grieftalk@griefencounter.org.uk

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

* **Hope Again: young people living after loss**

1:1 telephone, Face to Face and group bereavement support

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

* **LGBT Foundation (HMR): Lesbian, Gay, Bisexual, Transgendered**

**1:1 counselling, groups and helpline**

Tel: 0345 3 30 30 30

Email: info@lgbt.foundation

* **Lullaby Trust: sudden and unexpected death of a baby or young child**

1:1 telephone bereavement support

<https://www.lullabytrust.org.uk/>

Free phone 0808 802 6868

* **Once Upon a Smile: family bereavement support**

**1:1 counselling and monthly support group**

Sidley House

6 Brindley Road

Manchester. M16 9HQ

Tel: 0161 711 0339

<https://www.onceuponasmile.org.uk/what-we-do/childrens-bereavement-support-groups/>

* **Rochdale Women's Welfare Association: women of all ethnicities General counselling including bereavement**

Rochdale Women’s Welfare Association

18 Trafalgar Street
Rochdale. OL16 2EB

Tel: 01706 860157

[www.rwwa.org.uk](http://www.rwwa.org.uk)

* **SANDS: bereaved by the death of a baby**

**1:1 telephone and group support**

Tel: 0808 164 3332

[www.sands.org.uk](http://www.sands.org.uk)

* **SUDDEN: Immediately after COVID-19 death or any sudden or too soon death**

Helpline: 0800 2600 400

Email: help@sudden.org

<https://www.sudden.org>

* **Survivors of Bereavement by Suicide: anyone affected by suicide bereavement**

**1:1 helpline and groups**

**Manchester: Phone Toni: 07531 392 674**

**Email:** Manchester@uksobs.org

**National helpline 0300 111 5065**

<https://uksobs.org/>

* **Widowed and Young: bereaved women and men age 50 and under**

1:1 telephone and group support

<https://www.widowedandyoung.org.uk/>

**Way Up: women and men aged 50+**

Self-help group and online support

<https://way-up.co.uk/>

* **SUPPORTLINE: pet bereavement**

**Telephone helpline support**

Helpline: 01708 765 200

Email: info@supportline.org.uk

<https://www.supportline.org.uk/problems/petbereavement>