



## Bereavement Mental Health Support (2022)

Practical Advice Step by Step (Gov UK): <https://www.gov.uk/when-someone-dies>

CWP Crisis Line: 24/7 Help from a mental health professional – 08001456485

NHS Talking Together Wirral: [insight.limbic.ai](https://insight.limbic.ai) – for self-referral to talking therapy – 01516491859

Cruse: 1-1 and group support – 01516456604 or [wirralarea@cruse.org.uk](mailto:wirralarea@cruse.org.uk)

At A Loss: <https://www.ataloss.org/> – signposting and livechat with counsellors 9-9 Mon-Fri

The Good Grief Trust: <https://www.thegoodgrieftrust.org/> practical support for newly bereaved

Bereavement Advice Centre: 08006349494 – <https://www.bereavementadvice.org/>

Bereavement Support – Age UK Wirral – 01514887808 – <https://www.ageuk.org.uk/wirral/>

Listening Ear: <https://listening-ear.co.uk/> – Multiple support services, Amparo, etc – 01514886648

Child Bereavement UK: When a child grieves, or a child dies – <https://www.childbereavementuk.org/>

Sudden: <https://sudden.org/> – 08002600400

Aftermath – road collisions support – 01517772562 – [support@aftermathsupport.org.uk](mailto:support@aftermathsupport.org.uk)

Mersey Counselling and Therapy Centre – <https://www.mctcwirral.org.uk> – 0151 639 0400

SANDS – Stillbirth and Neonatal Death: <https://www.sands.org.uk/support/bereavement-support>

Blue Cross Pet Bereavement Support: 08000966606 – <https://www.bluecross.org.uk/>

Victim Care Merseyside – <https://www.victimcaremerseyside.org/> – 08081753080

*\*\*Know another local service that we should include? – Please let us know\*\**