

Bereavement services available



Betsi Cadwaladr University Health

Board's Bereavement Services are available at Glan Clwyd Hospital - 01745 534 147, Ysbyty Gwynedd - 01248 384384 Ext: 5982, and Wrexham Maelor Hospital - 01978 725 327.



Cruse Bereavement Support North

Wales offers confidential one to one bereavement support to anyone grieving the loss of a loved one.

Cruse Bereavement Support North Wales offers:

- Literature, advice and access to a free helpline 08088081677 (national) or Colwyn Bay 01492 536577
- Email support at helpline@cruse.org.uk
- Access to two websites www.cruse.org.uk (adults) and www.hopegain.org.uk (children under 18).
- Trained bereavement support volunteers deliver one to one bereavement support, group support and telephone /zoom /face to face support to adults in North Wales .
- One to one support is also available to children up to the age of 18.



Hope Again

Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

Here you will find information about services provided, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.

Phone: [0808 808 1677](tel:08088081677)

Email: hopeagain@cruse.org.uk



Bereavement Advice Centre

Bereavement Advice Centre is a free helpline and web based information service giving practical information and advice and signposting on the many issues and procedures that face us after the death of someone close.

Freephone: [0800 634 94 94](tel:08006349494)



Childhood
Bereavement
Network

Childhood Bereavement Network (CBN)

Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK.

Email: cbn@ncb.org.uk

Phone: [020 7843 6309](tel:02078436309)



Child Bereavement UK

Child Bereavement UK

Freephone: [0800 0288840](tel:08000288840)

Email: support@childbereavementuk.org



Dying Matters

Dying Matters - Resources and support for anyone who loses a close friend or relative, especially if it's sudden or earlier than expected.



Grief Encounter

Grief Encounter is one of the UK's leading childhood bereavement charities, created to help children who have suffered the death of a parent or sibling. Are you a child, teenager or adult who has experienced the death of a loved one? Are you a caregiver who needs advice on how to support young people following the death of a parent or sibling? Do you need to talk? You can call, email or instant chat with trained professionals at grieftalk, 5 days a week, 9am – 9pm.

Email: griefftalk@griefencounter.org.uk

Phone: [0808 8020111](tel:08088020111)



The Compassionate Friends

The Compassionate Friends is an organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause. National Telephone Helpline, staffed by bereaved parents, is available for support and information 365 days a year.

Phone: [0345 123 2304](tel:03451232304)

Email: helpline@tcf.org.uk



2 Wish Upon a Star

2 Wish Upon a Star was established in 2012 to provide bereavement support for families who have suddenly and traumatically lost a child or young person aged 25 years and under. This service has been extended to provide to support professionals from any field. 2WUAS are able to offer support in a number of ways, all of which are confidential.



Grief Chat

Grief Chat is a safe space for grieving or bereaved people to be able to share their story, explore their feelings and be supported by a qualified bereavement counsellor. In addition to this, Grief Chat can help bereaved people to consider if they need additional support and where to get this from.

Using Grief Chat is free of charge and is open Monday-Friday, 9am-9pm (UK time) to grieving or bereaved people. If they are not online, you can still send a message using the chat box and they will reply as soon as back online.

Phone: [01524 782910](tel:01524782910)

Email: info@griefchat.co.uk



Winston's Wish

Winston's Wish - Every day, more than 100 children are bereaved of a parent in the UK. Winston's Wish is the leading childhood bereavement charity in the UK, offering practical support and guidance to bereaved children, their families and professionals.

Phone: [08088 020 021](tel:08088020021)

Email: ask@winstonswish.org