Finding support in bereavement

This easy read tells you about support organisations and useful information if your loved one has died or is dying.

It tells you who can support you if you are struggling with a loss.

This easy read also has advice about getting support with end-of-life care.

Local bereavement support

If someone you love has died, you are not alone.

There are many organisations that can help and support you.

Some of these organisations are:

- **Cruse Nottinghamshire**

  Cruse Nottinghamshire offers free bereavement support and advice. You can choose to make a donation.

Telephone: 0300 777 4488

Online: Cruse Bereavement Support

- **Nottinghamshire Hospice**

  Nottinghamshire Hospice offers free bereavement and emotional support.

Telephone: 0115 962 1222

Online: Nottinghamshire Hospice

- **AtaLoss Bereavement Support**
  AtaLoss provides information about bereavement support services

  Online: AtaLoss

- **Children's Bereavement Centre**
  This is a free and donations-based support service for children, young people and families.

  Online: Children's Bereavement Centre

- **Your Notts Directory**

  If you have experienced a stillbirth or a loss of a child at a young age then Notts Help Yourself can provide useful information and links to support services.

Online: Your Notts Directory: Baby and child loss support

- **NHS England**

  The NHS has information to help you understand the symptoms and stages of bereavement, grief and loss.

Online: NHS England or your GP

- **Nott Alone**

  Nott Alone have information pages about bereavement and loss, with links to books that can help.

  Online: Nott Alone

- **Nottinghamshire Educational Psychology Service**

  This service supports schools, and adults working with children and young people by providing guidance and training.

  Online: Notts EPS

- **Inspire Libraries**

  Your local library can support you to cope with loss by providing reading resources suitable for adults, children and young people from a recommended list.

  Telephone: 01623 677200

  Email: ask@inspireculture.org.uk

  Online: Find your local library

  Online: Recommended Reading List

Help for Carers

If you are an unpaid carer living in Nottinghamshire, there are organisations that can help, and give you information and advice.

Some organisations that can support carers with loss include:

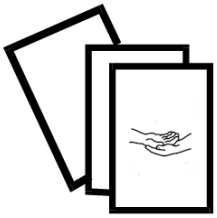
- **Carers Hub Service**
  This service allows you to meet other carers through support groups, helping you if you are feeling lonely.

Online: Carers Information Hub

- **Carers UK**
  This service provides access to expert advice for carers.

Online: Carers UK

End of life planning and care



If a loved one is terminally ill and reaching the end of their life, it is a good idea to get some help with end-of-life planning.

Some organisations you can get help from include:

Nottinghamshire County Council

We have online information about end of life care. It tells you how to register a death, organise a funeral, and advise you where you can get more help.

Online: Nottinghamshire County Council

NHS Nottingham and Nottinghamshire

The Nottinghamshire Palliative and End of Life Care toolkit is a website that offers resources to help both you and professionals care for someone who is at the end of their life.

Palliative means helping to ease the symptoms of an illness, such as pain, to make sure that someone is comfortable.

The end-of-life toolkit provides information to help with a variety of things, including what to expect and where to get help.

Online: Nottingham and Nottinghamshire NHS End of Life Care Toolkit

Other support

AtaLoss and Your Notts Directory can also help you with finding support for end-of-life care.

Ask us for help

If you don't know what kind of support you need, you can talk to us.

Our Customer Service Centre can answer most of your questions and help with information and form filling.

There are several ways to contact them, including:

Web: Use our online contact form

Telephone: 0300 500 80 80

Relay UK

Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the Relay UK app.

SignVideo

Sign Video

People who use British Sign Language to communicate can use the SignVideo app to speak with us.

Links in this document

Cruse Bereavement Support

cruse.org.uk/get-support/local-support-phone

Nottinghamshire Hospice

nottshospice.org/service/bereavement-support

AtaLoss

ataloss.org/live-chat

Children's Bereavement Centre

childrensbereavementcentre.co.uk

Notts Help Yourself – loss of a baby or child

nottshelpyourself.org.uk/kb5/nottinghamshire/directory/advice.page?id=y3PC6ap3vi0

NHS England Bereavement Support

nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss

Notts EPS

em-edsupport.org.uk/criticalincident

Inspire - Find your local Library

inspireculture.org.uk/reading-information/find-a-library

Inspire - Recommended Reading List

pinterest.co.uk/nottslibraries/life-after-loss

Carers Hub Service

carershub.carersfederation.co.uk

Carers UK

www.carersuk.org

Nottinghamshire County Council – End of Life Care

nottinghamshire.gov.uk/care/adult-social-care/adult-social-care-hub/what-if-i-need-more-support/end-of-life-care

Nottingham and Nottinghamshire NHS End of Life Care Toolkit

nottinghamshireeolcare.uk

Your Notts Directory

yournottsdirectory.org.uk/

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For the standard English web page version of this information, go to:

Bereavement support | Nottinghamshire County Council

nottinghamshire.gov.uk/births-deaths-marriages-and-civil-partnerships/bereavement-support

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