

# Finding support in Bereavement



This easy read document tells you about support organisations and useful information to help you if a loved one has died or is going to die.

It contains advice about who to talk if you are struggling emotionally with loss.

And also advice if someone is terminally ill and needs help with end-of-life care.

## Local bereavement support



If you have recently found out that a loved one has passed away, 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](#)



- **Notts Help Yourself**

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: [Notts Help Yourself](#)



- **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**

This is a website that provides information on all sorts struggles you may have with life.

Not Alone have pages for bereavement and loss with links to books that help you.



Online: [Not 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 coping with loss by providing reading resources suitable for children and young people from a recommended list.



Telephone: 01623 677200

Email: [ask@inspireculture.org.uk](mailto: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, you can get help from organisations that provide information and advice for carers who have suffered a loss.

These organisations include:



- **Carers Hub Service**

This service allows you to meet other carers through support groups, helping you if you are feeling lonely.

It helps you access the support and care you need.



Online: [Carers Information Hub](#)



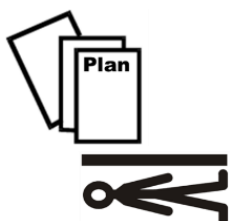
- **Carers UK**

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 a whole page of 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 nearing the end of their life.



Palliative means helping ease the symptoms (such as pain) of a terminal illness to ensure that the patient remains 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 organisations that can help you.



[AtaLoss](#) and [NottsHelpYourself](#) can also help you with end of life care.

## Ask us for help



If you are struggling to work out what kind of support you need, you can always 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





**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](#).



**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](https://cruse.org.uk/get-support/local-support-phone)

### Nottinghamshire Hospice

[nottshospice.org/service/bereavement-support](https://nottshospice.org/service/bereavement-support)

### AtaLoss

[ataloss.org/live-chat](https://ataloss.org/live-chat)

## **Children's Bereavement Centre**

[childrensbereavementcentre.co.uk](http://childrensbereavementcentre.co.uk)

## **Notts Help Yourself – loss of a baby or child**

[nottshelpyourself.org.uk/kb5/nottinghamshire/directory/advice.page?id=y3PC6ap3vi0](http://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](http://nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss)

## **Notts EPS**

[em-edsupport.org.uk/criticalincident](http://em-edsupport.org.uk/criticalincident)

## **Inspire - Find your local Library**

[inspireculture.org.uk/reading-information/find-a-library](http://inspireculture.org.uk/reading-information/find-a-library)

## **Inspire - Recommended Reading List**

[pinterest.co.uk/nottslibraries/life-after-loss](http://pinterest.co.uk/nottslibraries/life-after-loss)

## **Carers Hub Service**

[carershub.carersfederation.co.uk](http://carershub.carersfederation.co.uk)

## **Carers UK**

[www.carersuk.org](http://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](http://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](http://nottinghamshireeolcare.uk)

## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](http://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](http://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

signvideo.co.uk/download

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For plain 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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