



# Keeping Connected

## *Bereavement & Loss*



As well as the practical issues, the death of someone close can bring a whole variety of feelings and emotions.

A number of local and national charities are able to offer information, help and both practical and emotional support.

This leaflet provides details on useful websites and services who can support you through bereavement and what you may experience in the months ahead.

# Emergency & Crisis Numbers

## Samaritans

116 123 (24 hours)

[www.samaritans.org](http://www.samaritans.org)

[jo@samaritans.org](mailto:jo@samaritans.org)

## Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

## NHS24 111

[www.nhs24.scot](http://www.nhs24.scot)

## Fife SHOUT Service

[www.nhsfife.org/shout](http://www.nhsfife.org/shout)

Text 'FIFE' to 85258

Free confidential support 24/7



## Local Support in Fife

### Maggie's Cancer Care Centre

Maggie's is there for anyone affected by Cancer and can help those affected live with, through and beyond a cancer diagnosis. Maggie's can offer support and help to people bereaved through cancer.

Tel: 01592 647997

### NHS Fife Palliative Care Service

This service is available to provide support to families/carers of patients who have been referred to the specialist Palliative Care Service. Specialised support can also be offered to children and young people.

Tel: 01592 648 004

### Fife Sands Stillbirth & Neonatal Death Charity

Fife Sands offers support and advice to parents and families whose baby has died during pregnancy or soon after birth. Support is provided to anyone affected by the death of a baby via phone, email and support groups.

Tel: 0845 528 0322 Email: [fife@sands.org.uk](mailto:fife@sands.org.uk)

### The Well

The Well is a place where you can drop-in, personally and online and find out information and receive general advice to help you stay well and independent within your local community, including if you are experiencing a bereavement.

[www.fifehealthandsocialcare.org/your-community/the-well](http://www.fifehealthandsocialcare.org/your-community/the-well)

### Touched by Suicide Scotland

We support individuals bereaved by the suicide of a family member or friend. Groups run in Glenrothes and St Andrews.

Tel: Linda 0129 427 427 3.

# National Support

## Antenatal Results & Choices (ARC)

ARC is a national charity supporting parents throughout antenatal screening and its consequences.

ARC offers non-directive information and support to parents before, during and after antenatal screening; when they are told their baby has an anomaly; when they are making difficult decisions about continuing with or ending a pregnancy, and when they are coping with complex and painful issues after making a decision, including bereavement.

Helpline: 020 7713 7486

Email: [info@arc-uk.org](mailto:info@arc-uk.org) [www.arc-uk.org](http://www.arc-uk.org)

## Childhood Bereavement Network

The Childhood Bereavement Network is a national, multi-professional group of organisations and individuals working with bereaved children and young people. The Network develops and promotes resources which support children, teenagers, carers and professionals affected by bereavement and grief.

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

## Child Bereavement UK

Child Bereavement UK provides support across Scotland for children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age, as well as professionals supporting bereaved people.

Helpline and referrals: 0800 02 888 40

[www.childbereavementuk.org](http://www.childbereavementuk.org)

## **Child Death Helpline**

Child Death Helpline provide support to parents affected by the death of a child (at any age).

Helpline: 0800 282 986

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

## **Cruse Bereavement Care Scotland**

Cruse Scotland offers free bereavement care and support to anyone who has experienced the death of someone close. Support is available locally in Fife, as well as by telephone and online. Also available in Fife are our Step By Step groups - these are social support groups for bereaved adults who feel socially isolated, lonely or who wish to be busy.

Freephone helpline: 0808 802 6161

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

## **Held In Our Hearts**

Held In Our Hearts is an Edinburgh based charity offering baby loss counselling to families whose baby or infant has died. \_

Email: [info@heldinourhearts.org.uk](mailto:info@heldinourhearts.org.uk)

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

## **Meningitis Now**

Meningitis Now is a national charity that supports families dealing with the after effects of meningitis. This includes families who have lost a loved one to the disease. There is regional support in Scotland, through our Community Support Officers, for the whole family and our Rebuilding Futures fund is available for funeral costs/headstones etc.

Helpline: 0808 80 10 388

Email: [helpline@meningitisnow.org](mailto:helpline@meningitisnow.org)

[www.meningitisnow.org](http://www.meningitisnow.org)

## **Petal Support Limited (PETAL)**

PETAL is the most recognised and longest established organisation for people affected by homicide or suicide in Scotland. This service provision includes children and young people.

Tel: 01698 324502 [www.petalsupport.com](http://www.petalsupport.com)

## **Remember My Baby (RMB)**

Remember My Baby is a UK based registered charity which offers a gift of baby remembrance photography to UK parents experiencing the loss of their baby before, during or shortly after birth. Most maternity units are aware of the charity and should offer the service, however you can call and request a session on:

FREEPHONE: 0808 189 2345

<https://remembermybaby.org.uk/>

## **Richmond's Hope (4 - 18 years old)**

Email: [methil@richmondshope.org.uk](mailto:methil@richmondshope.org.uk)

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

## **Samaritans**

Support for anyone in crisis.

Helpline: 116 123 24 hours a day, every day

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## **Survivors of Bereavement by Suicide**

Survivors of Bereavement by Suicide exist to meet the needs and break the isolation of those bereaved by the suicide of a close friend or relative.

<https://uksobs.org/>

## **Team Jak**

Team Jak provide bereavement support for children bereaved of a sibling or relative from cancer and also children bereaved of someone from cancer.

We run Seasons for Growth sessions and bespoke Bag of Worries groups and also have an online angel family group of which we have a number of families from Fife attend.

Email: [info@teamjak.org.uk](mailto:info@teamjak.org.uk)  
[www.teamjak.org.uk](http://www.teamjak.org.uk)

## **The Compassionate Friends**

The Compassionate Friends offer support for parents, siblings and grandparents who have experienced the death of a child (at any age). The helpline will be able to give you local contact details for Fife.

Helpline: 0345 123 2304  
Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)  
[www.tcf.org.uk](http://www.tcf.org.uk)

## **WAY Widowed & Young**

WAY is a self help group that offers emotional and practical support to young widowed men and women.

0300 201 0051  
[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

## **Winston's Wish**

Winston's Wish is the leading childhood bereavement charity providing services to bereaved children, young people and their families.

Helpline: 08088 020 021  
[www.winstonswish.org](http://www.winstonswish.org)

# Practical Support

## Access Therapies Fife

Access Therapies Fife is part of Fife's Health and Social Care Partnership's Psychology Service. They are an NHS service offering a range of free psychological therapies to adults in Fife.

Email: [fife.atfife@nhs.scot](mailto:fife.atfife@nhs.scot)

[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

## Age Scotland

Age Scotland provide information, advice and support for older people in Scotland including practical issues such as arranging a funeral, sorting out an estate or coping with loneliness.

Tel: 0800 12 44 222

[www.ageuk.org.uk/Scotland](http://www.ageuk.org.uk/Scotland)

## Bereavement Payment

If your wife, husband or civil partner has died, you may be able to apply for a benefit called a bereavement payment. You can find out more about this benefit on the bereavement payment section at: [www.gov.uk/bereavement-support-payment](http://www.gov.uk/bereavement-support-payment)

## Breathing Space

Breathing Space is a confidential helpline for anyone in Scotland feeling low, anxious or depressed.

Helpline: 0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)



## **Citizens Advice Bureau Fife**

Citizens Advice offer free, impartial advice on a wide range of issues including money, benefits, legal matters, and housing.

Locations across Fife: Cowdenbeath, St Andrews, Kirkcaldy, Leven, Dunfermline, Cupar, Glenrothes

Tel: 0345 1400095 [www.cabfife.org.uk](http://www.cabfife.org.uk)

## **Good Life Good Grief**

Good Life Good Grief want to create a Scotland where everyone knows how to help when someone is dying or grieving.

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

## **Moodcafe**

Moodcafe was developed by NHS Fife to promote mental health across the whole of Fife. It has a number of resources for individuals affected by bereavement and grief.

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

## **Natural Death Centre**

Natural Death Centre is an independent service offering advice and support on family-organised and environmentally-friendly funerals.

Helpline: 01962 712690  
[www.naturaldeath.org.uk](http://www.naturaldeath.org.uk)

## **NHS Inform**

NHS Inform has information on death and bereavement including coping with grief, the death of a baby and practical advice after a death.

[www.nhsinform.scot/care-support-and-rights/death-and-bereavement](http://www.nhsinform.scot/care-support-and-rights/death-and-bereavement)

# Additional Information

## AtaLoss

Directory of bereavement services available across Scotland.

Talk to a counsellor on-line:

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

General enquiries email: [office@ataloss.org](mailto:office@ataloss.org)

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

[fife.EqualityandHumanRights@nhs.scot](mailto:fife.EqualityandHumanRights@nhs.scot)  
or phone 01592 729130

We review our resources frequently to ensure information is accurate and up to date.

If you experience any difficulties with the content please get in touch:

[fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

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