



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

jo@samaritans.org

Breathing Space

0800 83 85 87

www.breathingspace.scot

NHS24 111

www.nhs24.scot

Fife SHOUT Service

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. As part of their work Maggie's can offer support and help to people bereaved through cancer.

Tel: 01592 647997

NHS Fife Palliative Care Service

The Palliative Care Counselling 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 and Neonatal Death Charity

Fife Sands offers support and advice to parents and families whose baby has died during pregnancy or soon after birth. Meetings take place the last Monday of every month. 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

The Well

The Well is a place where you can drop-in, both in your community 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

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 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

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

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

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

Email: support@crusescotland.org.uk

<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

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

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

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/>

Samaritans

Support for anyone in crisis.

Helpline: 116 123 24 hours a day, every day

Email: 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
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
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

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

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

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: 0333 32 32 400

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

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

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

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

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

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

Additional Information

AtaLoss

Directory of bereavement services available across Scotland.

Talk to a counsellor on-line:

www.ataloss.org/live-chat

General enquiries email: 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
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

Designed by the
Health Promotion Service
Fife Health & Social Care Partnership

Published Jan 2023
Revise Jan 2025