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Bereavement support contacts card



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B E R E A V E M E N T S U P P O R T

support contacts

Cruse Bereavement Support · 0808 808 1677 (free)
cruse.org.uk

Samaritans · 116 123 (free, 24/7) samaritans.org

Grief Encounter (children) · 0808 802 0111
griefencounter.org.uk

Winston's Wish (bereaved children) · 08088 020 021
winstonswish.org

Widowed & Young · widowedandyoung.org.uk (under 51s)

NHS talking therapies · Ask your GP for a referral (IAPT)

Remember · Grief takes as long as it takes · seeking support is a
sign of strength

Y O U D O N O T H A V E T O D O T H I S A L O N E

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