

Dead & Buried

Signposting Sheet . Organisations that offer help and support in and around Bristol.



Cruse

www.crusebereavementcare.org.uk

National Charity Set up to offer free, confidential help to bereaved people. Cruse produces booklets on coping with grief which you can buy online.

9 St James Barton Roundabout, Bristol, BS2 3LT
0117 926 4045

Off The Record

www.otrbristol.org.uk

Off The Record are based in Bristol and offer young people aged up to 25 free, confidential counselling and support.

Macmillan Support Line

Macmillan provide free cancer support for sufferers and their families. Their website is full of useful information and advice. www.cancerbacup.org.uk

For answers, support or just a chat, call the Macmillan support line free (Monday to Friday 9am-8pm).

0808 808 0000

Rethink

www.rethink.org

Rethink offer information and services to anyone who have any type of mental health need, those who care for someone with mental illness, or have a family member or friend that has a mental illness.

0300 5000 927

Mind

0808 808 0330

A confidential free phone helpline giving a safe place to talk if you or someone you know is in distress. We can also give information about mental health and local services.

www.bristolmind.org.uk

Other Organisations

The Compassionate Friends

<http://www.tcf.org.uk/>

0845 123 2304

National Association of Bereavement Services

<http://www.bsauk.org/>

01223 217 769

National Association of Widows

<http://www.widows.uk.net/>

024 7663 4848 (answerphone at times)