

# Other organisations that can help you



Ipswich & East Suffol





# LivingGrief Hub



On the LivingGrief Hub website you can learn more about grief and find local support in East Suffolk, Great Yarmouth and Waveney.



You can also see other charities who offer bereavement support.



You can find more support on the Living Grief Hub website:

**[www.livinggriefhub.co.uk](http://www.livinggriefhub.co.uk)**



## Helplines



**111** - help if you are having difficulties with your mental health.

Phone **111 option 2**

Emergency helpline, open 24 hours a day.

**SAMARITANS**

**Samaritans** - someone to talk to.

Phone **116 123** (free)

Emergency helpline, open 24 hours a day .

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



**Childline** - get help and advice.

Phone **0800 1111**

Emergency helpline, open 24 hours a day.

Website **[www.childline.org.uk](http://www.childline.org.uk)**



**The Silver Line** - a confidential free helpline for people aged 55 and over.

Phone **0800 4 70 80 90**

Website **[www.thesilverline.org.uk](http://www.thesilverline.org.uk)**



## **Counselling services**



**UK Council for Psychotherapy**

Phone **020 7014 9955**

website **[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)**



**British Association for Counselling and Psychotherapy**

Phone **01455 883300**

Website **[www.bacp.co.uk](http://www.bacp.co.uk)**

**Counselling Directory**

## **Counselling Directory**

Phone **0333 325 2500**

Website **[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)**



## **Suffolk Mind**

Counselling to improve mental health.

Phone **0300 111 6000**

Website **[www.suffolkmind.org.uk](http://www.suffolkmind.org.uk)**



## **Jewish Bereavement Counselling**

Counselling service for bereaved individuals offering telephone and skype counselling Service .

Phone **020 8951 3881**

Website **[www.jbcs.org.uk](http://www.jbcs.org.uk)**



## **Suffolk Cruse Bereavement Care**

Offer practical advice, counselling, groups, leaflets and publications.

Phone **01473 230888**

Website **[www.suffolkruse.co.uk](http://www.suffolkruse.co.uk)**



## **Asian Family Counselling Service**

A confidential counselling service for individuals, couples and families of Asian communities.

Phone **020 8574 0912**

**[www.asianfamilycounselling.org](http://www.asianfamilycounselling.org)**



## **Muslim Community Helpline**

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.

Phone **020 8904 8193** OR **020 8908 6715**

**[www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)**



## **Support groups**



## **WAY foundation for under 50's (Widowed and Young)**

A peer support group for men and women aged 50 or under when their partner died.

**[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)**



## **The Compassionate Friends**

Support for bereaved family members who have suffered the death of a child of any age, and from any cause.

Phone **0345 123 2304**

Website **[www.tcf.org.uk](http://www.tcf.org.uk)**



## **Bereavement UK**

Offers a support forum and live chatroom run by others who have suffered bereavement.

website **[www.bereavement.co.uk](http://www.bereavement.co.uk)**



## **Support for young people**



## **Winston's Wish**

Supporting bereaved children and their families.

Phone **0808 802 0021**

Website **[www.winstonswish.org](http://www.winstonswish.org)**



## **Hope again**

Youth website of Cruse Bereavement Care.

Phone **0808 808 1677**

Website **[www.hopeagain.org.uk](http://www.hopeagain.org.uk)**



## **Grief Encounter**

A website offering guidance on what to expect in bereavement during childhood.

Phone **0808 802 0111**

Website **[www.griefencounter.org.uk](http://www.griefencounter.org.uk)**



## You can contact us in a number of different ways.

Phone number: 0300 303 5196

Email: [emotionalwellbeing@stelizabethhospice.org.uk](mailto:emotionalwellbeing@stelizabethhospice.org.uk)

Address: St Elizabeth Hospice, 565 Foxhall Road, Ipswich, Suffolk IP3 8LX

Website: [stelizabethhospice.org.uk](http://stelizabethhospice.org.uk)

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Instagram: @stelizabethhospice

LinkedIn: st-elizabeth-hospice

## This document was adapted into easy read by Ace Anglia.

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Made  
with

