

The Bereavement Help Points have been suspended at this time until further notice. Please see below a list of numbers you may find useful in order to access bereavement advice and support.

If you are in crisis please phone the Samaritans on the number below or contact your local GP or go to A&E

**DO YOU NEED TO SPEAK TO SOMEONE NOW?**

 **24 HOUR SUPPORT LINES**:

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| Samaritans: | 116 123 | For anyone at anytime for any reason |
| Childline | 0800 1111 | Support for under 25yrs and their relatives |
| Silverline | 0800 470 8090 | Support for the over 70’s |

**DAY/EVENING SUPPORT LINES:**

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| Bromley Bereavement Services | 0208 768 4599 | Bereavement Support Bromley area |
| Cruse | 0808 808 1677 | Nationwide Bereavement Support |
| Child Bereavement UK | 0800 028 8840 | Helpline (9-5pm) |
| Candle | 0208 768 4500 | Support for children and their families |
| Grief Talk | 0808 802 0111 | Monday to Friday 9am-9pm |
| Bereavement Advice Centre | 0800 634 9494 | Practical advice (9-5pm) |
| Sands | 0808 164 3332 | Free confidential helpline after death of a baby  |
| Survivors of Bereavement by Suicide | 0300 111 5065 | 9am-9pm every day |
| The Compassionate Friends | 0345 123 2304 | Every day 10am-4pm, 7-10pm |
| The Lullaby Trust | 0808 802 6868 | Mon – Fri 10am-5pm |
| Widowed and Young | www.widowedandyoung.org.uk | Support for young widows |