

Useful Organisations

Organisations: National	Information/ Counselling/ Support	Children/ Adults
<p><u>Anxiety UK</u> We work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy. Website: https://www.anxietyuk.org.uk/ Text Service: 07537 416 905 Helpline: 03444 775 774</p>	Information/ Support/ Counselling	Children and Adults
<p><u>British Association for Counselling and Psychotherapy (BACP)</u> BACP has information on counselling and has a database where you can find a counsellor in your local area. Website: https://www.bacp.co.uk/</p>	Information	Adults
<p><u>Child line</u> Childline is a free, private and confidential service where children can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime. Website: www.childline.org.uk/ Tel: 0800 1111</p>	Information/ Telephone and online counselling	Children
<p><u>Child Bereavement UK</u> Articles, information and user forums covering a wide range of issues for professionals, parents/carers and young people. Website: www.childbereavement.org.uk Tel: 0800 0288840</p>	Information	Children
<p><u>The Childhood Bereavement Network</u> The Childhood Bereavement Network has a directory of services throughout the UK that offer support to bereaved children. Website: www.childhoodbereavementnetwork.org.uk Tel: 020 7843 6309</p>	Information	Children
<p><u>The Compassionate Friends</u> The Compassionate Friends offers support for bereaved families who have suffered the death of a child or children of any age and from any cause. Website: www.tcf.org.uk Tel: 0345 123 2304</p>	Information/ Support	Adults

<p><u>Cruse Bereavement Care</u> Cruse Bereavement Care offers counselling and support to all bereaved. There is also a website and helpline for bereaved young people. Adults website: www.cruse.org.uk Tel: 0808 8081677 Young people website: www.hopeagain.org.uk Tel: 0808 808167</p>	Counselling	Adults and Children
<p><u>Good Grief Trust</u> You will find stories from others who have had a similar loss and targeted local and national support on each of our pages below. Website: www.thegoodgrieftrust.org/ Email: hello@thegoodgrieftrust.org</p>	Information/ Support	Adults and Children
<p><u>Grief Encounter</u> Help families address a multitude of challenging issues following the death of a loved one, alleviating the hurt and confusion caused, whilst promoting healing. Offer: grieftalk- confidential helpline; Programme Specialist Resources; E-Counselling Services Website: https://www.griefencounter.org.uk/ Tel: 0808 802 0111</p>	Information/ Online Counselling	Adults and Young people
<p><u>Harmless (The Tomorrow Project)</u> Harmless is a user led organisation that provides a range of services about self harm and suicide prevention including support, information, training and consultancy to people who self harm, their friends and families and professionals and those at risk of suicide. Website: www.harmless.org.uk/ Email: info@harmless.org.uk</p>	Information/ Support	Adults and Young people
<p><u>Kooth</u> Free, safe and anonymous online support for young people Website: www.kooth.com/</p>	Online Counselling	Young people
<p><u>The Lullaby Trust</u> The Lullaby Trust helps families who experience the sudden loss of a baby, providing emotional and practical support. We can also connect them with others who have experienced a similar bereavement. We work to ensure that families are fully supported through this devastating experience. We are here for all family members at any time, whether the bereavement was very recent or many years ago. Website: https://www.lullabytrust.org.uk/ Tel: 0808 802 6868</p>	Information/ Support	Adults

<p><u>Macmillan Cancer Support</u> Drop in cancer information and support centre. We have a wide range of up-to-date information leaflets, books, DVDs and CDs, some of which are suitable for people: with learning disabilities, with sight problems, whose first language is not English. We offer: Cancer information materials Information, Benefits Advice, Look Good, Feel Better, Outreach, Signposting to other services, Volunteering activities Opening times: Website: https://www.macmillan.org.uk/ www.leicestershospitals.nhs.uk/cancerinfo (Leicester) Tel: 0116 258 6189 Email: cancerinfo@uhl-tr.nhs.uk</p>	Information	Adults
<p><u>Papyrus</u> We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK. Website: www.papyrus-uk.org/ Hopeline: 0800 068 41 41</p>	Support	Young people
<p><u>Relate</u> This is a confidential counselling service for young people who are unhappy, unsettled or worried because of conflict within the family or other family issues. This service is available to all young people, aged 8 - 18 years. Website: https://www.relate.org.uk/ https://www.relateleicestershire.org.uk/children-young-people-counselling.htm (Leicester) Tel: 0116 2543011 (Leicester)</p>	Counselling	Adults and Children
<p><u>Riprap</u> This site is developed especially for teenagers who have a parent with cancer. In riprap, you can learn more about cancer and its treatment and through real stories you can read the experiences of other young people and share your own story. Website: www.riprap.org.uk/</p>	Information/ Support	Young people
<p><u>Samaritans</u> Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Website: www.samaritans.org/ Tel: 116 123</p>	Support	Adults
<p><u>SAMM (Support after Murder and Manslaughter)</u> SAMM offers support to people who have been bereaved by murder or manslaughter. Website: www.samm.org.uk Tel: 012147 22912 or 0845 872 3440</p>	Support	Adults

<p><u>SANDS (Stillbirth and Neonatal Death)</u> SANDS offers support and information on local groups and counselling services for anyone who has been affected by the death of a baby. Website: www.sands.org.uk Tel: 08081643332</p>	Support	Adults
<p><u>SANE</u> SANE offers emotional support and information to anyone affected by mental health problems through our helpline, Textcare and our online Support Forum where people share their feelings and experiences. Website: www.sane.org.uk/home</p>	Support	Adults
<p><u>SOBS (Survivors of Bereavement by Suicide)</u> Sobs offer information and support to adults over 18 years who have been bereaved by suicide. Website: www.uk-sobs.org.uk Tel: 0300 111 5065</p>	Information/ Support	Adults
<p><u>The Tomorrow Project</u> Tomorrow Project is a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide. The Project currently delivers a suicide crisis service and a police-referral suicide bereavement service. No matter how big or small you think your problems are, it is okay to ask for help. We can help. Website: http://www.tomorrowproject.org.uk/ Email: info@tomorrowproject.org.uk Text on 07594 008 356.</p>	Information/ Support/ Counselling	Adults
<p><u>Turning Point</u> We work with anyone who is affected by drugs/ alcohol/ mental health and wants support to make change. We offer a variety of treatment options and will support you to find the right treatment for you. For young people up to 24, the dedicated youth team will work one to one with you in any location that is suitable. Website: www.turning-point.co.uk/</p>	Support	Adult
<p><u>WAY (Widowed and Young)</u> Way offers emotional and practical support to people widowed under the age of 50. Married or not, with or without children, whatever their sexual orientation. Website: www.widowedandyoung.org.uk</p>	Support	Adults
<p><u>Winston's Wish</u> Winston's Wish website has extensive resources for parent/carers and schools as well as many areas for children and young people. There is guidance on how to talk to children and young people about a range of topics including causes of death, serious illness and funerals. There are also ways of making a memorial. Website: www.winstonswish.org.uk Tel: 08088 020 021</p>	Information/ Support	Children

Organisations: Coventry	Information/ Counselling/ Support	Children/ Adults
<p><u>Acorns Children's Hospice Trust</u> Acorns Children's Hospice Trust is a registered charity offering a network of care for life limited and life threatened babies, children and young people and their families, across the heart of England. Tel: 01564 82 5037 Website: www.acorns.org.uk</p>	Information/ Support/ Counselling	Children and Adults
<p><u>Baby Lifeline</u> Supporting the care of pregnant women and new born babies across the country. Website: www.babylifeline.org.uk Tel: 01676534671 Email: info@babylifeline.org.uk</p>	Information/ Support	Adults
<p><u>Coventry Rape and Sexual Abuse Centre</u> CRASAC was established in 1981 to offer a telephone counselling service to Coventry women who had been sexually abused. Website: http://www.crasac.org.uk/ Tel: 02476277777</p>	Counselling	Adults
<p><u>Guy's gift</u> Providing support for bereaved children, young people and their families in Warwickshire following the death of a parent, sibling or other significant person in their life. Website: http://www.guysgift.co.uk/ Tel: 0845 467 3035</p>	Information/ Counselling	Children and young people
<p><u>The Lily Mae Foundation</u> The Lily Mae Foundation is a UK registered charity providing much needed support to parents and families who have lost a baby to stillbirth, neonatal death or medical termination. Tel: 01676 535716 Email: info@lilymaefoundation.org Website: www.lilymaefoundation.org/</p>	Support	Adults
<p><u>Survivors of bereavement through suicide</u> We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. Website: https://uksobs.org/support-groups/coventry/ Address: Coventry, UK Phone: Melanie on 07902 084 320 Email: sobs.coventry@gmail.com</p>	Support/ Information	Adults
<p><u>Zoe's place baby hospice</u> Zoë's Place Trust is a registered Charity providing palliative, respite and end of life care to babies and infants aged from birth to five years suffering from life-limiting or life-threatening conditions. This care will be provided in a caring, safe, home from home environment known as Zoë's Place Baby Hospices. Tel: 024 7636 1675 Email: generalinfo@zoes-place.org.uk Website: www.zoes-place.org.uk</p>	Support/ Information	Adults

Organisations: Derby	Information/ Counselling/ Support	Children/ Adults
<p><u>Derbyshire Asbestos Support Team</u> Provide support to those who have been bereaved through an asbestos related disease. Website: https://asbestossupport.co.uk/ Tel: 01246 380415 Email: mail@asbestossupport.co.uk</p>	Information/ Support	Adults
<p><u>Footsteps Bereavement Café</u> An informal drop-in group for anyone who has been touched by bereavement, past or present. Call in anytime between 1pm - 2.30pm</p> <p>Website: https://www.dyingmatters.org/event/footsteps-bereavement-cafe Contact: Delph Massey delphmassey@nhs.net Tel: 07580 725 245 Sarah Hanel sarah.hanel@nhs.net Tel: 07580 728 044</p>	Support	Adults
<p><u>Stepping Stones Support Group</u> We meet as a small group on the second Thursday of each month from 10:30am – 12noon and provide a space where those who have been bereaved. Tel: 01332 670587</p>	Support	Adults
<p><u>Treetops Hospice Care</u> We offer counselling and emotional support to adults, children, young people and families who are dealing with a life-limiting illness or bereavement. The service is available to all users of Treetops Hospice Care services and people registered with a GP practice in Derby city or Southern Derbyshire. Website: https://www.treetopshospice.org.uk/ Tel: 0115 9496944 Email: therapy@treetopshospice.org.uk</p>	Information/ Support/ Counselling	Adults and Children
<p><u>Wathall's</u> Adults dealing with any bereavement, both recent and historical. Website: www.wathalls.co.uk Tel: 01332 345268 Email: fay.bloor@wathalls.co.uk</p>	Support	Adults

Organisations: Leicester	Information/ Counselling/ Support	Children/ Adults
<p><u>ASSIST Trauma Care</u> Organisation offering therapeutic help to adults and children, individuals and families, affected by a wide range of traumatic occurrences. Website: www.assisttraumacare.org.uk/ Tel: 01788 551919</p>	Counselling	Adults and Children
<p><u>Bodie Hodges Foundation</u> Bereavement support to the family of a child who died after 1st October 2019; Families whose child was 18 years or under when they died; Families who live in Leicester, Leicestershire and Rutland. They also offer a week long stay at a boat house for families across the East Midlands who have experienced the death of a child of any age. Website: https://www.bodiehodgesfoundation.co.uk/ Bereavement services: Email: nicola@bodiehodgesfoundation.co.uk Tel: 07483347008</p>	Support	Adults and Children
<p><u>Coping With Cancer</u> Coping with Cancer in Leicestershire and Rutland provides practical and emotional support to anyone affected by cancer. Website: https://www.c-w-c.org.uk/ Tel: 0116 223 0055 Email: info@c-w-c.org.uk</p>	Counselling	Adults
<p><u>Dear Albert</u> Dear Albert helps individuals to stop taking alcohol and drugs. Website: https://www.dearalbert.co.uk/ Text: 07712 707 999 Helpline: 0800 880 3153</p>	Information/ Support	Adults
<p><u>Diana and Specialist Children's Community Nursing Service</u> Offer nursing care at home to children aged 0 - 18 years across Leicester, Leicestershire and Rutland. Terminal care support in the home; Community-based specialist play, counselling and emotional support to Children and Young People, whilst supporting their primary carer givers and siblings; Hands on care and an expert resource in children's/young people cancer care. Website: https://ris.rutland.gov.uk/kb5/rutland/directory/service.page?id=en7Fq-fRemq Tel: 0116 2955080</p>	Support	Adults and Children
<p><u>Leicester Counselling Centre</u> Providing counselling to people in Leicester, Leicestershire and Rutland for over 30 years. Website: www.leicestercounsellingcentre.co.uk Tel: 0116 255 8801</p>	Counselling	Adults

<p><u>The Laura Centre</u> Support for: Anyone who has lost a child of any age. The loss could be recent or could have happened many years ago; Children and young people up to the age of 24 who have lost a parent /care. In Derby, Coventry and Leicester. Website: www.thelauracentre.org.uk/ Tel: 0116 254 4341 Advice Line: 0116 218 2140 (tue & thurs 1pm-2.30pm)</p>	Counselling/ information	Adults and Children
<p><u>Rutland House</u> Offers a professional therapy service to individuals, couples, children, families. Website: www.rhcp.org.uk/ Tel: 0116 416 1626</p>	Private Counselling	Adults and children
<p><u>Shama Women's Centre</u> The Sharma Women's Centre offers educational, social and wellbeing services. This also includes counselling for women Website: www.shamawomenscentre.co.uk/ Tel: 0116 251 4747</p>	Counselling/ Support	Adults

