

Death Through Suicide Bereavement Support

GP

Speak to own GP or call NHS 111

Cruse - Cruse Bereavement Care Cornwall

Cornwall Helpline : 01726 76100

National Helpline 0808 8081677

Email: cornwall@cruse.org.uk

website: www.cruse.org.uk

Support for Young People - www.hopeagain.org.uk

OSW Suicide Liaison Service

This is a specialist service developed to support adults over the age of 18 years who have been bereaved by suicide. The NHS in Cornwall has commissioned us to provide the service across the county.

If you or someone you know would like to access this free service you can call on (01208) 871905, or referrals can be made by your GP/health professional

Self referral currently through website;

<https://gateway.mayden.co.uk/referral-v2/01d3ec67-a688-4700-8b1e-ad3acacabf07>

Penhaligon's Friends – **where children are involved**

Support for children, young people and their families

Helpline 01209 210624 / 215889

Mon – Friday 9am – 5pm

Email: enquiries@penhaligonsfriends.org.uk

Facebook messenger/ Zoom support

www.penthaligonsfriends.org.uk advice & guidance available on website

SOBS – Survivors of bereavement through suicide

<https://uksobs.org> useful info on website & online forum

National Helpline is still operating

0300 111 5065

9am – 9pm Monday to Friday With Saturday and Sunday cover during this pandemic

The Compassionate Friends – when a child has died

The Compassionate Friends Support and friendship for bereaved parents and their families

0345 123 2304 National Helpline Number

Open every day 10:00 to 16:00 & 19:00 to 22:00 - always answered by a bereaved parent.

Website: www.tcf.org.uk

WAY Widowed & Young

Join online

If you've lost your partner before your 51st birthday and live in the UK – whether you were married or not, with or without children, whatever your sexual orientation, race or religion – you are welcome to join us.

Joining up to WAY takes just minutes via online and costs just £25 a year, which can be paid either by direct debit or PayPal.

Although our face-to-face meet ups are on hold for now, we have an incredibly **active online community** through our members' only website and Facebook groups – we are already seeing people banding together, reassuring each other and finding ways to connect to each other during this challenging time by organising virtual meet ups through Zoom and other online apps.

There are always other members ready to listen, offer support and help lift each other's spirits. If you've been widowed at a young age too, reach out to us for support if you're struggling.

And if you're struggling financially, WAY also offers support through our Memorial Fund to help people join WAY and take part in our activities

Other places that may be considered depending on circumstances.

Police

Funeral Directors

Public Health