

Young Adult 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

Cornwall Hospice Care

www.cornwallhospicecare.co.uk Self Help ideas on website

01726 829874 to arrange a support call.

Hospital Chaplaincy Team

Chaplains are the specialist spiritual care providers. Our Spiritual & Pastoral Care Team visit wards regularly and Chaplains are also available on call and can be reached on **01872 252883** or through the switchboard on **01872 250000** out of hours.

The Chaplains work closely with all faith communities, so if you would like us to contact your own priest, minister or faith community leader, we can do that for you.

Lets Talk About Loss

www.letstalkaboutloss.org

Unsure what is currently being offered

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>

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

The Cove

The Cove is closed for the foreseeable future. However we are running a virtual Cove service.

Email: thecove@nhs.net

Phone 01872 256363

For information, advice and support

The team will be available from 9 to 5pm Monday to Friday and will respond to your query as soon as possible.

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