

Bereavement support in Dorset



Useful information:

Adults

- Cruse - 0808 808 1677
- National Bereavement Partnership - 0800 448 0800

Children and families

- Mosaic - 01258 837071
- Winston's Wish - 08088 020 021
- Hope Again - 0808 808 1677
- Child Bereavement UK – 0800 02 888 40
- The Compassionate Friends - 0345 123 2304
- Simon Says - 02380 647550

Other resources and support

- Dorset Mental Health Forum 01305 257172
- Dorset Mind - <https://dorsetmind.uk>
- Rethink - Dorset Carers Support - 01305 262771
- Recovery Education Centre – 01202 584478
- Dorset Coroner's Service – 01202 454910
- Weldmar Hospicecare - 01305 215300

Bereavement by suicide

- Help is at Hand (Support After Suicide)
- SoBS - 0300 111 5065

Mental health crisis

If you're in distress or feel you can't cope, contact **Connection**, Dorset's 24/7 helpline on 0800 652 0190 or call **Samaritans** 116 123

If you're not sure what you might find helpful, Dorset Open Door can help. You can call 01305 361 361 or email dhc.dorsetopendoor@nhs.net Monday to Friday from 9.30am to 4.30pm.

St Gregorys Church Marnhull 01258821605/

www.stgregorysmarnhull.org.uk

Church is open 9am-4.30pm every day for quiet space