

Bereavement support services



When someone close to you passes away, it's always a difficult time, many people find talking to friends and family and seeking support can help them through the more difficult times.

The information below outlines some bereavement support services that are available to listen and help.

Greater Manchester Bereavement Service

Support is available to all those in Greater Manchester, bereaved or affected by a death. No one needs to feel alone as they deal with their grief and advice can be offered for any practical issues that losing a loved one may bring.

Tel: **0161 983 0902** Website: Greater-Manchester-Bereavement-Service.org.uk



Minds Matter Call In

A new direct telephone line for people wanting support for their mental health, emotional wellbeing, loss & bereavement. The Peer Support Workers and Mental Wellbeing Practitioners will offer direct support over the phone and also support people into other services as required. Available from 10am until 2pm Monday to Friday (excluding bank holidays). Call **0161 470 6100**



Infinity Initiatives



Our Supporting All in Loss and Separation (SAILS) service is available for anyone who would like some practical or emotional support following loss, separation or a bereavement. We will work with you to decide what support you feel would help and then you will work with an experienced key worker who will be available for dedicated 1:1 support. Call **0161 339 6137** or email: info@infinitycic.uk . You can also contact us on Facebook via: <https://www.facebook.com/infinity.initiativesCIC>

NHS Bereavement Helpline

We recognise the difficulties and challenges that losing a loved one can bring and have set up a bereavement helpline to offer support and advice to families, friends and carers. We understand losing a loved one is not easy, but you are not alone, the NHS Bereavement Helpline is here to listen and help. The helpline is open 8am-8pm every day **0800 2600 400**.

Tameside and Glossop Bereavement Matters

This is a closed Facebook group managed by volunteers. This is a safe place for peer to peer support for those who have lost someone during the corona virus isolation period, to support one another.

Find us on Facebook: **Tameside and Glossop Bereavement Matters** – Coping with loss during isolation www.facebook.com/groups/520474308636740/

