Bereavement support

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Experiencing grief or bereavement

The loss of a friend or loved one can be an extremely difficult and challenging time, and we want you to know that you're not alone, and we will try our best to guide you in the right direction. We offer our heartfelt condolences to anyone who has suffered a bereavement under any circumstance.

There is a range of support available, including through the NHS, Cruse Bereavement Care, and The Good Grief Trust which provides signposting and services across the UK.

If you are a supporting a bereaved child or a young person, the Childhood Bereavement Network has information and links to national and local organisations.

If you or anyone you know is feeling low or at risk of suicide, please visit Suicide help and advice.

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