



Information Sheet

Birmingham Area

Child Bereavement UK – offers one to one support to children and young people up to the age of 25 and parents where their baby or child has died.

Birmingham Office: West Heath Community Centre, Hampstead House, Condoover Road, West Heath, B31 3QY

Website: <https://www.childbereavementuk.org/>

Email: birminghamsupport@childbereavementuk.org

Helpline Number: 08000288840

Beyond the Horizon – At Beyond the Horizon our mission is to improve the life chances of children and young people affected by complex loss, bereavement and domestic abuse. We help children, young people and families who have had these experiences to work through their challenges and achieve emotional wellbeing and hope for a healthy future.

Website: <https://beyondthehorizon.org.uk/>

Email: admin@beyondthehorizon.org.uk

Edwards Trust - Edward's Trust we offer a holistic approach to supporting people through bereavement and loss. We offer counselling (one to one or as a couple) support groups, play therapy, wellbeing therapies and social events. We are also able to offer resources and training for those wanting to support people in their grief journey.

Website: <https://edwardstrust.org.uk/>

Email: admin@edwardstrust.org.uk

Cruse – We help people through one of the most painful times in life – with bereavement support, information and campaigning.

Website: <https://www.cruse.org.uk/get-support/contact-local-branch/birmingham/>

Email: support@crusebirmingham.co.uk

Vilomah Foundation - Supporting Those Who Have Experienced Pregnancy Loss(es) Or Are Pregnant After Loss

Website: <https://thevilomahfoundation.org.uk/>

Email: hello@thevilomahfoundation.org.uk

Noahs Star – Support for you and your family if your baby is born premature - <https://noahsstar.co.uk/>

Lilly Mae Foundation - Supporting Parents and Families after a Stillbirth, Neonatal Death, Miscarriage or Medical Termination

Website: <https://www.lilymaefoundation.org/>

Help Harry Help Others – Drop In Cancer Support Centre

Website: <https://hhho.org.uk/>

Email: enquiries@hhho.org.uk

St Martins Centre for Health and Healing – Website - <https://www.smchh.co.uk/>

Email: admin@smchh.co.uk

Birmingham Counselling Services –

Website: <https://birminghamcounsellingservices.co.uk/services/coping-with-grief-loss-bereavement>

Telephone number: 0121 314 9903

At A Loss – Information, bereavement cafés and signposting

Website: <https://www.ataloss.org/>

Email: office@ataloss.org

Evolve and Flourish - Evolve & Flourish Ltd was established with the aims of normalising conversations about death, dying and loss, and building stronger community support networks for those who are becoming more socially isolated due to ageing, being a caregiver, dealing with loss and grief or due to living with a life limiting illness

Website: <https://www.evolveandflourish.co.uk/>

Email: info@evolveandflourish.co.uk

Birmingham Survivors of Suicide (SOBS) - If you have been bereaved or affected by suicide, there is help available and you do not have to be alone. We offer a range of support services for adults over 18, these are and are run by our volunteers, the majority of whom have been bereaved by suicide themselves.

Website: <https://uksobs.com/how-we-can-help/support-groups/>

Email: email.support@uksobs.org

James Brindley Foundation

Walsall Charity

<https://jamesbrindleyfoundation.co.uk/>

Birmingham Carers Hub – support for carers in Birmingham

<https://birminghamcarershub.org.uk/carer-services/counselling-bereavement-and-pre-bereavement-support/>

Bereavement and Couple Counselling

Headway Birmingham & Solihull supports people with an acquired brain injury as well as providing support to their Carers. Headway now offers free couples/relationship counselling for Carers and a person affected by an acquired brain injury; and bereavement counselling to Carers following a loss.

As well as counselling services, Headway also supports those experiencing bereavement, giving the opportunity to help process their grief and face the future. Six private counselling sessions are available, either in-person at one of the Hubs

in Sutton, Moseley, or Rednal, or through group sessions, which also provide valuable peer support.

Contact details:

<https://www.headway-bs.org.uk/>

0121 457 7541

enquiries@headway-bs.org.uk

Crossroads – Caring for carers. Birmingham Bereavement and Well-being service <https://www.crossroads-caringforcarers.org/bereavement-and-wellbeing-service/>

Email: caringforcarers@communitiesinsync.info

Birmingham Hospice – Offer training to professionals, counselling and support for families <https://www.birminghamhospice.org.uk/>

Marie Curie – Offer training to professionals, counselling and support to families <https://www.mariecurie.org.uk/help/hospice-care/west-midlands>

Birmingham Acorns Hospice <https://www.acorns.org.uk/>

Cancer Support Centre Sutton Coldfield <https://suttoncancersupport.org/>

MacMillan Cancer Support Hubs <https://www.macmillan.org.uk/in-your-area/index.html?type=Information+and+support+centres&latitude=52.486243&longitude=-1.890401&location=Birmingham&radius=30&tridionpromocount=1&nationalorganisationcount=0&nationalresultcount=0&page=1&ui=pc>

Birmingham YODO (You Only Die Once) <https://brumyodo.org.uk/>

Lets Talk About Loss <https://letstalkaboutloss.org/> email: birmingham@letstalkaboutloss.org

The S.H.I.A Family: Supporting Hearts through Individualised Art <https://theshiafamily.com/>

Carrs Lane Counselling Service <https://www.carrslanecounselling.co.uk/>

Open Door Counselling Service <https://www.opendoorcounselling.org.uk/>

Brothers and Sisters Life After Loss

<https://www.careforthefamily.org.uk/support-for-you/family-life/bereavement-support/brothers-and-sisters-life-after-loss/>

Cutchi Sunni Muslim Association Birmingham – Free Muslim Funeral Project

Email: info@csmabirmingham.co.uk

National Services and Helplines

Bereavement Advice Centre - https://www.bereavementadvice.org/
Cruse Bereavement National Charity - https://www.cruse.org.uk/ Helpline Number tel:08088081677
SUDC – Sudden Unexplained Death In Childhood https://sudc.org.uk/
Freddies Wish - https://freddieswish.org/
Samaritans https://www.samaritans.org/ Helpline Number 116 123
Grief Encounter - Supporting bereaved children and young people https://www.griefencounter.org.uk/ Helpline Number – 0800 802 0111
Winstons Wish a charity that helps children, teenagers and young adults (up to the age of 25) find their feet when their worlds are turned upside down by grief https://www.winstonswish.org/ Helpline Number 08088 020 021
Kinship – Information and signposting https://kinship.org.uk/advice-topic/death-and-bereavement/
Lullaby Trust - We offer confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child. bereavement support helpline on 0808 802 6868. https://www.lullabytrust.org.uk/bereavement-support/
Miscarriage Association https://www.miscarriageassociation.org.uk/
SANDS – Saving Babies Lives. Supporting Bereaved Families https://www.sands.org.uk/
The Compassionate Friends - supporting bereaved parents and their families https://www.tcf.org.uk/
UK SOBS UK peer-led support to adults impacted by suicide loss Helpline number 0300 111 5065 https://uksobs.com/?doing_wp_cron=1566057784.4155189990997314453125
SAMM – Support after Murder or Manslaughter https://samm.org.uk/
Road Peace - We provide information and support services to people bereaved or seriously injured in road crashes, and engage in evidence-based policy and campaigning work to fight for justice for victims and reduce road danger https://www.roadpeace.org/
Way Up - https://way-up.co.uk/ UK for men and women aged 50 or under when their partner passed away
Way Widowed Young - WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race and religion. - https://www.widowedandyoung.org.uk/
Child of Mine – Supporting bereaved families - https://achildofmine.org.uk/
Brake https://www.brake.org.uk/ National Road Victim Service
MIND - https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/support-and-self-care/
Child Death Helpline https://www.childdeathhelpline.org.uk/ 0800 282 986
Dying Matters https://www.hospiceuk.org/our-campaigns/dying-matters/dying-matters-resources
The Good Grief Trust https://www.thegoodgrieftrust.org/
Hub of Hope https://hubofhope.co.uk/?utm_source=mind_website&utm_medium=referral&utm_campaign=bereavement
The Loss Foundation https://thelossfoundation.org/ charity specialising in support for people bereaved by cancer
Sue Ryder https://www.sueryder.org/
Papyrus https://www.papyrus-uk.org/ young person's suicide prevention charity
CALM - https://www.thecalmzone.net/ suicide prevention charity
Bliss for babies born premature or sick https://www.bliss.org.uk/

Tommys The pregnancy and baby charity https://www.tommys.org/
National Government Advice on benefits https://www.gov.uk/death-spouse-benefits-tax-pension
Carers UK – Coping with bereavement - https://www.carersuk.org/help-and-advice/practical-support/coping-with-bereavement/
Blue Cross Pet Loss https://www.bluecross.org.uk/pet-bereavement-and-pet-loss
Daniel Estick Trust – Memory boxes for families Website: https://www.danielsmemoryboxes.co.uk/
Harvey Hext – Memory boxes for bereaved children - https://harveyhexttrust.com/