

Support in Times of Bereavement

Samaritans Help line call 116 123 for 24-hours support, crisis support if you are in low mood and nowhere to turn

NHS Crisis line for mental health - 0800 051 1508

MIND Mental Health (including bereavement) tel: 01928 563612 Email: info@mindhalton.org.uk

Cruse online bereavement counsellings, support and information 0808 808 1677

Womens Centre – Counselling, support and activities 01928 566073

Think Wellbeing Service – provides only therapy, groups, face to face counselling such as issues as anxiety 0151 292 6954

Sure Start Halton – Feeling lonely and isolated, meet new friends, social activities 01928 569498

Recharge Group at Norton Priory for Men – Friendship and practice activities such as woodworking – 01928 569895 email infor@nortonpriory.org

WAY – Widowed and Young. Bereavement support for those who have lost a partner before the age of 51 website www.widowedandyoung.org

Widnes and Runcorn Cancer Support – Emotional and psychological support, activities, therapies, groups and peer support Tel 0151 423 5730

Child Bereavement UK offers support including counselling to children and young people up to the age of 25 who are facing bereavement and anyone affected by the death of a child of any age 0800 0288840

SOBS – Survivors of bereavement by suicide. Support group run by people who have tragically lost someone by suicide. Local group in St Helens. Help line number 0300 111 5065

Listening Ear - For practical and emotional support call free on 0800 048 5224 or visit www.listening-ear.co.uk/halton