

If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department

For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.

If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS* on 116 123

***Available any time, day or night for confidential support.**

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

0800 011 4656

0121 569 5100

 www.healthysandwell.co.uk

V1, June 2025

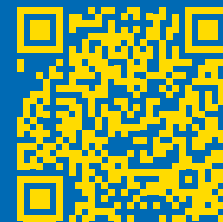


**HEALTHY
SANDWELL**



Bereavement, Grief and Loss

Are you, or someone you know, looking for bereavement, grief or loss support?



If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.



**SANDWELL BETTER
MENTAL HEALTH**
Better mental health for all

Coping with Bereavement

As we get older, coping with loss can become very difficult. There is no “right” or “wrong” way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt or inability to prevent the death.

Recognising and allowing these different reactions is an important part of the healing process.

Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different.



Free Local & National Bereavement Support

Bennetts Funerals – GriefChat:

[www.bennettsfunerals.co.uk/](http://www.bennettsfunerals.co.uk/bereavement-support)

bereavement-support. Monday – Friday 9am-9pm

Black Country Healthcare /NHS Talking Therapies:

Professional support for mental health challenges like anxiety, stress, and depression.

0121 612 66 50. Monday - Friday: 9am-5pm

Blue Cross:

Support to cope with the loss of a pet.

0800 096 6606. Monday – Sunday: 8.30am-8.30pm

CRUSE Bereavement Care:

Local branch (Smethwick): 0121 558 1798

National branch: 0808 808 1677

Communities In Sync - Talking Therapies Plus:

Single Point of Access - 07717 680965

Support with anxiety, stress, depression and bereavement. **Monday – Friday: 9am-5pm**

* Counselling also available in Punjabi, Urdu, Bengali, Ukrainian, Russian, Patois.

<https://communitiesinsync.info/ttp-referral>

Dorothy Parkes Centre (Smethwick):

Loss Matters - 0121 558 2998

Kaleidoscope Plus Support Groups

(West Bromwich):

Contact number - 0121 565 5605

Monthly groups: Bereavement Group and Bereaved by Suicide Group.

Murray Hall Community Trust:

Contact number: 0121 612 2939

Bereavement Support Group – monthly drop-in sessions at Murray Hall Community Trust, St Marks Road, Tipton, DY4 0SL. Please call for further details.

National Bereavement Service:

Grief support and practical & legal administration support after someone has died.

Helpline: 0800 0246 121

Monday - Friday 9am-6pm,

Saturday: 10am-2pm, Sunday: CLOSED



**Rethink Mental Illness -
Black Country Support After Suicide:**
0800 008 6516
blackcountrysupportaftersuicide@rethink.org

Monday - Friday: 10am-6pm

One to one bereavement support, counselling and peer support groups for those bereaved by suicide.

Survivors of Bereavement by Suicide (SoBS):

Support available: in person, online, over the phone, or by email. Virtual groups for LGBTQ+, Punjabi speakers & men.

National Support line: 0300 111 5065

Open 9am-7pm every day.

Sue Ryder – free bereavement support:

Self-help tools/ online peer-to-peer support/ online bereavement counselling.

www.sueryder.org/grief-support

Winston's Wish:

08088 020 021 Specialist practical support and guidance to bereaved children, their families and professionals.

Monday - Friday: 8am-8pm

Support lines... Need to talk to someone?

24/7 support lines

Samaritans - 116 123. Email: jo@samaritans.org

Free for anyone at anytime for any reason

Silverline - 0800 470 8090

Free, confidential telephone service for older people - 24 hours a day, 7 days a week.

Black Country Mental Health Helpline

0800 008 6516 (24/7 Helpline)

Day/evening support lines

Cruse (nationwide bereavement support)

0808 808 1677

Monday, Wednesday-Friday: 9.30am-5pm;

Tuesday: 1pm-8pm; Saturday – Sunday: Closed

Grief Encounter - Grietaalk helpline

0808 802 0111 Monday - Friday: 9.30am-3pm

Kaleidoscope Sanctuary Hub (Primary mental health support at Hope House, West Bromwich)

0121 289 6111 or 0121 565 5605

Monday - Friday: 6pm-11pm

Saturday & Sunday: 12 (noon)-11pm

Marie Curie

Free bereavement support **0800 090 2309**

Monday - Friday: 8am-6pm; Saturday: 11am-5pm