

## Change Loss and Bereavement Resources

### Counselling

Registered Counsellors can be found using the directories on the Professional Bodies websites:

- Association of Christian Counsellors (ACC) [www.acc-uk.org](http://www.acc-uk.org)
- Websites for other Registered bodies (i.e. BACP, UKCP, NCS, etc.) can be found at <https://www.professionalstandards.org.uk/what-we-do/accredited-registers/find-a-register/-in-category/categories/professions/counselling>

### Support Lines

- Premier Lifeline 0300 111 0101
- Samaritans: 116 123 email: [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org.uk](http://www.samaritans.org.uk) 24-hour support to people experiencing distress or despair

### Mental Health Resources

- MIND: [www.mind.org.uk](http://www.mind.org.uk) 0300 123 3393 extensive information to assist in understanding mental health issues
- Mind and Soul [www.mindandsoulfoundation.org](http://www.mindandsoulfoundation.org) information for individuals and churches
- Mental Health Foundation – information on mental health issues and maintaining mental well-being [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

### Loss and Bereavement Organisations e.g.:

- Cruse ([www.cruse.org.uk](http://www.cruse.org.uk))
- The Pet Bereavement Support Service ([www.bluecross.org.uk](http://www.bluecross.org.uk))
- The Compassionate Friends ([www.tcf.org.uk](http://www.tcf.org.uk))
- Winston's Wish [www.winstonswish.org.uk](http://www.winstonswish.org.uk) Supporting children in bereavement
- Care For The Family: Bereaved Parents Network & Support for Those Widowed at a Young Age [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)
- At a Loss [www.ataloss.org](http://www.ataloss.org) specialises in providing a signposting service for the bereaved.
- Loss and Hope [www.lossandhope.org](http://www.lossandhope.org)