

Bereavement support in Dorset



Experiencing bereavement is difficult at any time but it may be particularly traumatic during the COVID-19 pandemic. There is a wealth of support available to you, and we have put together details of support services ranging from emotional support and peer support to practical advice and guidance.

Dorset Open Door

If you're not sure what you might find helpful, Dorset Open Door can help. As a partnership of healthcare organisations and charities, they'll explore your options with you and link you with the right service. You can call 01305 361 361 or email dhc.dorsetopendoor@nhs.net Monday to Friday from 9.30am to 4.30pm.

Advice and guidance

- BCP Council
- Dorset Council
- Bereavement Advice Centre
- UK Government advice
- British Psychological Society

Adults

- Cruse - 0808 808 1677
- National Bereavement Partnership - 0800 448 0800
- Some funeral directors also offer bereavement support, contact your local provider or Dorset Open Door.

Children and families

- Mosaic - Supporting Bereaved Children - 01258 837071
- Winston's Wish - 08088 020 021
- Hope Again (a Cruse service) - 0808 808 1677
- Child Bereavement UK - 0800 02 888 40
- The Compassionate Friends - 0345 123 2304
- Simon Says - 02380 647550

Other resources and support

- Dorset Mental Health Forum
- Dorset Mind
- Rethink - Dorset Carers Support - 01305 262771
- Recovery Education Centre - 01202 584478
- Contact your local faith organisation or Faithworks
- Dorset Coroner's Service - 01202 454910

Mental health crisis

If you're in distress or feel you can't cope, contact Connection, Dorset's 24/7 helpline: **0800 652 0190**

Or call Samaritans: **116 123**

Bereavement by suicide

- Support After Suicide
- SoBs - Survivors of Bereavement by Suicide - 0300 111 5065
- Dorset Mental Health Forum Carers Project – 01305 340045