




SOUTH EAST ESSEX BEREAVEMENT SUPPORT DIRECTORY

Provider/Service	Service offer	Contact details	Adults / CYP
<p><b>Cruse Bereavement Care</b></p> <p><b>Southend on Sea</b></p>	<p>Cruse offers a counselling service that includes providing support, advice and information to children, young people and adults when someone dies, and aims to enhance society's care of bereaved people.</p> <p>Contact Cruse to discuss the support available, which includes home visits, or they have a drop-in centre at the Baptist Church, Clarence Road, Southend-On-Sea.</p> <p><b>Referral Criteria:</b> Referrals are taken via the Early Help Family Support Assessment (EHFSA) process; adults may self-refer, or they may access the service through their GP or another statutory agency.</p>	<p>Telephone: 0845 2669710</p> <p>Email: <a href="mailto:southendonsea@cruse.org.uk">southendonsea@cruse.org.uk</a></p> <p>Website: <a href="http://www.cruse-essex.org.uk">http://www.cruse-essex.org.uk</a></p> <p>Address: 29-31 Alexandra Street, Southend-On-Sea, Essex, SS1 1BW</p>	<p>both</p>
<p><b>Havens Hospice</b></p>	<p>Provides a range of specialist services to patients and their families from the diagnosis of a life-limiting or life-threatening condition to bereavement.</p> <p>This includes psychological support (individual counselling, emotional and group support), family support, complementary therapy, spiritual support, social work and a welfare benefits service.</p> <p><b>Referral criteria:</b> Support is available to those currently receiving a Havens service and to those that have accessed Havens services in the past.</p>	<p>Telephone: 01702 220350</p> <p>Email: <a href="mailto:info@havenshospices.org.uk">info@havenshospices.org.uk</a></p> <p>Website: <a href="http://havenshospices.org.uk">havenshospices.org.uk</a></p> <p>Address: 124-126 Chalkwell Avenue, Westcliff-on-Sea, Essex, SS0 8HN</p> <p>Seven days a week, 9am-6pm</p> <p> Adults bereavement support.docx</p>	<p>both</p>

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	<p><b>Haven's Bereavement Crisis line</b> - The line is open to all residents in south east Essex and is able to support adults, children and families. Trained counsellors, social workers and family support workers are available to answer calls to listen, advise and signpost people who are experiencing grief during lockdown <a href="http://www.havenshospices.org.uk/crisisline">www.havenshospices.org.uk/crisisline</a></p> <p><b>Headspace Programme (Haven's Hospice)</b> Young person's support group Parents Group One to one Support For young people who have lost someone within Havens Hospices in last 18 months</p>	<p><a href="http://www.havenshospices.org.uk/crisisline">www.havenshospices.org.uk/crisisline</a></p> <p>01702 220 321</p>  <p>Havens bereavement crisis line poster final,</p>  <p>Childrens Headspace .docx</p>	
<p><b>South East &amp; Central Essex Mind</b></p>	<p>Counselling services that include bereavement and loss support</p> <p>Trauma Service: Clients are assigned to a support worker and have access to psychoeducation, therapeutic and support groups as well as trauma counselling.</p>	<p>Telephone: 01702 601123 Address: 112A Southchurch Road, Southend-on-Sea, Essex, SS1 2LX Website: <a href="https://www.seandcessexmind.org.uk/">https://www.seandcessexmind.org.uk/</a></p>	<p>Adult</p>
<p><b>Southend Association of Voluntary Services (SVS)</b></p>	<p>SAVS is an independent charity known as the Council for Voluntary Service or CVS. They work behind the scenes to support and coordinate local charities and community groups acting as a liaison point between voluntary and statutory organisations and members of the public.</p>	<p>Telephone: 01702 356000 Fax: 01702 356011 Email: <a href="mailto:admin@savs-southend.co.uk">admin@savs-southend.co.uk</a></p> <p>Address: SAVS Centre, 29-31, Alexandra Street, Southend-on-Sea, Essex, SS1 1BW</p>	<p>Adult</p>

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<p><b>Southend Samaritans</b></p>	<p>Supports the community from Shoeburyness to Benfleet and the surrounding areas to improve their emotional health by phone, email, letter or home visit.</p>	<p>Telephone: 08457 909090 01702 611911 01702 611116 01702 611123</p> <p>Address: 154 York Road, Sos Essex, SS12DZ</p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p>Website: <a href="http://www.samaritans.org/">http://www.samaritans.org/</a></p> <p>24-hour helpline, 365 days a year – Helpline 116 123</p>	<p>Adult</p>
<p><b>Southend University Hospital Bereavement Suite</b></p>	<p>Their bereavement team will coordinate all the paperwork that needs to be completed after a person's death, such as the medical certificate of cause of death, and the necessary cremation forms.</p> <p>There is an onsite registration service available in the bereavement suite at the hospital and the team will book an appointment to register the death when the necessary documentation has been completed by the doctor.</p> <p>They also provide access to the chaplain and spiritual care team at the hospital and a bereavement information guide.</p>	<p>Bereavement office: <b>01702 385492 or 01702 385494</b></p>	<p>Adult</p>
<p><b>St Aidan's Support Centre</b></p>	<p>Provides bereavement support and a listening ear to those in need. St Aiden's only cover their parish area.</p>	<p>Telephone: 01702 523052</p> <p>Address: St Aidan's Church, The Fairway, Leigh-on-Sea, Essex, SS9 4QW</p> <p>Fridays from 10 am - 12 noon.</p>	<p>Adult</p>

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<p><b>The Compassionate Friends</b></p>	<p>Supports, helps and befriends all bereaved parents and families whose child has died at any age, from any cause. Their volunteers are all bereaved parents who are there to listen, care and offer emotional support, giving an opportunity to talk through personal feelings. Contact can be made through their helpline for signposting, where possible, to the nearest local support group contact, other services and useful sources of information. Online support is also available through community forums and Facebook</p>	<p>Helpline: 03451 232304                  Website: <a href="http://www.tcf.org.uk">www.tcf.org.uk</a>  <b>365 days a year, 10am - 4pm and 7pm - 10pm</b></p>	<p>Adult</p>
<p><b>Therapy for You</b></p>	<p>Provided by EPUT, their service makes a range of CBT-based therapies available to anyone over the age of 18 who lives in South Essex and is not currently receiving secondary mental health care or crisis services. They offer:</p> <ul style="list-style-type: none"> <li>1:1 therapy</li> <li>Group therapy</li> <li>Telephone support</li> <li>Video calls</li> <li>Online support</li> </ul>	<p>Telephone: 01268 739128                  Email: <a href="mailto:Epunft.contactcentre.iapt@nhs.net">Epunft.contactcentre.iapt@nhs.net</a></p>	<p>Adult</p>
<p><b>CAVs Family Mentoring Service (not a specific bereavement service and only for Castle Point)</b></p>	<p>Network of support to families with children aged up to 19                  Service covers a large number of topics including bereavement                  Families are allocated an support worker or volunteer peer mentor to build on their strengths, whilst developing skills and resilience to make positive change</p>	<p>Telephone: 01268 214000                  Email: <a href="mailto:familymentoring@cavsortg.uk">familymentoring@cavsortg.uk</a></p>	<p>CYP</p>

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<p><b>Relate</b></p>	<p>Offers CYP counselling in Essex (there is an office in Southend)                  Supports CYP going through difficulties in their home or school life                  Can provide support and guidance on problems like family breakdown, moving in with a second family or bullying at school                  Chargeable rate</p>	<p>Telephone: 01708 441 722                  Email: <a href="mailto:counselling@relatenee.org.uk">counselling@relatenee.org.uk</a></p>	<p>CYP</p>
<p><b>Emotional Wellbeing and Mental Health Services</b></p>	<p>Provides mental health support for CYP across Essex                  Criteria is very tight                  Would provide bereavement support if the CYP was experiencing other mental health issues which is being exacerbated by bereavement</p>	<p>Call EWMHS: 0300 300 1600                  Email: <a href="mailto:nelft-ewmhs.referrals@nhs.net">nelft-ewmhs.referrals@nhs.net</a>                    Crisis / out of hours                    Call NELFT out of hours: 0300 555 1201</p>	<p>CYP</p>
<p><b>Southend on Sea Borough Council Bereavement Service</b></p>	<p>The Southend Borough Council website gives information on how to register a death, information and advice for funerals and details of Cemetery's and Crematoriums.</p>	<p><a href="https://www.southend.gov.uk/info/200214/deaths">https://www.southend.gov.uk/info/200214/deaths</a></p>	<p>Both</p>
<p><b>Resources and support for suicide bereavement</b></p>	<p><b>Suicide Prevention Online Training</b>                  "Let's Talk About Suicide" e-learning programme  <b>Suicide Bereavement Training:</b> PABBS Evidence-Based and Evaluated Suicide Bereavement Training                    Other recognised training includes  <b>ASIST:</b> Applied Suicide Intervention Skills Training Applied Suicide Intervention Skills Training</p>	<p><a href="http://www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/">http://www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/</a>    <a href="https://www.relias.co.uk/hubfs/ZSACourse3/story_html5.html?utm_source=Relias&amp;utm_campaign=Training-Landing-Page">https://www.relias.co.uk/hubfs/ZSACourse3/story_html5.html?utm_source=Relias&amp;utm_campaign=Training-Landing-Page</a>    <a href="https://www.livingworks.net/asist/">https://www.livingworks.net/asist/</a></p>	<p>Adult</p>

	<b>safeTALK: Suicide Alertness For Everyone</b>	<a href="https://www.livingworks.net/safetalk">safeTALK page at LivingWorks.net</a>  Suicide Bereavement Suppo	
<b>Bereavement Social Groups sponsored and supported by: T Cribb and Sons, Bennett's Funeral Directors and Paul J King Funeral Directors (working together as Grief Journey Essex)</b>	<p>Adults only, provides support to anyone within their catchment area – Please call the group contact for further information.</p> <p>Groups are free of charge to those who attend, although most groups ask for £1 from each person per meeting just to cover the cost of the tea, coffee, etc. Most of the groups arrange social activities or have access to different events for their members.</p>	<p>For more details regarding the social groups Ann Honey can be contacted on:                  Telephone: 01268 795695 (T Cribb and Sons)                  Email: <a href="mailto:ann@tcribb.co.uk">ann@tcribb.co.uk</a></p> <p><b>One Day at a Time</b> 2nd and 4th Tues of the month, 10am -12 noon                  St. Mary the Virgin Church Hall, Vicarage Hill, Benfleet, Essex, SS7 1PD                  Contact Juliet: 01268 566146</p> <p><b>Safe Harbour:</b> 2nd and 4th Tues of the month, 10am -12 noon                  St Augustine's Church Hall, Johnstone Road, Thorpe Bay, Essex, SS1 3HX                  Contact Barbara: 07969 099396  <a href="http://www.safeharbourbg.co.uk/">http://www.safeharbourbg.co.uk/</a></p>	Adult
<b>Faith Groups</b>	A list of Bereavement Faith Groups across Southend, Castle Point, Rochford and the rest of Essex can be found in the attached document.	 Greater Essex Bereavement suppo	
<b>NHS</b>	Bereavement support materials from NHS for those bereaved through COVID19 and is mainly aimed at health and social care staff and deaths of colleagues.	<a href="https://people.nhs.uk/guides/bereavement-support-during-covid-19/">https://people.nhs.uk/guides/bereavement-support-during-covid-19/</a>	Adult

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<b>Help for Heroes</b>	Free guide for originally NHS and Care Workers but it can be used by anyone	<a href="https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/a-field-guide-to-self-care/">https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/a-field-guide-to-self-care/</a>	Adults
<b>EPUT</b>	Do you need help managing stress and emotional difficulties relating to the COVID-19 pandemic? You can access a new confidential psychological support service for anyone working in health and social care in Essex.	Monday - Sunday, 08:00 to 20:00 01375 898837 <a href="mailto:epunft.staffpsychsupport@nhs.net">epunft.staffpsychsupport@nhs.net</a>   Poster Coping with COVID v1.pdf	Adults
<b>Association of Christian Counsellors</b>	ACC's COVID-19 Crisis Counselling Support Service has been set up to help people who are experiencing difficult feelings, thoughts and circumstances because: They work within a NHS setting (medical and ancillary staff) and are being impacted by caring for people who have COVID-19, or They have been bereaved at this time, whether due to COVID-19 or another reason. The service offers up to ten sessions of counselling on a no-fee basis, either on-line or by telephone.	ACC's website <a href="http://www.acc-uk.org">www.acc-uk.org</a> or please ring 024 7644 9694.   ACC CCSS Flyer.pdf	Adults
<b>Additional resources</b>	Dr Alan Wolfelt has published suggestions regarding " <a href="#">Coronavirus and the six needs of mourning.</a> "  <a href="#">Winston's Wish</a> also has guidance on supporting children during coronavirus & bereavement.		Both