

# Support and Resources

- Cruse Bereavement Support – [Cruse.org.uk](https://cruse.org.uk) 0800 808 1677
- The Good Grief Trust <https://www.thegoodgrieftrust.org/>
- National Bereavement Alliance <https://nationalbereavementalliance.org.uk/>
- National Grief Advice Service <https://www.nationalbereavement.com/>
- Child Bereavement UK <https://www.childbereavementuk.org/>
- Grief Encounter <https://www.griefencounter.org.uk/> Supporting bereaved children and young people
- Miscarriage Association - <https://www.miscarriageassociation.org.uk/>
- SANDS <https://www.sands.org.uk/> Supporting bereaved families
- Loss Foundation - <https://thelossfoundation.org/> Bereavement support after cancer loss
- Untangled - <https://untanglegrief.com/> - Life after loss app