



Sheffield Psychology Board

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Sheffield Covid-19: Bereavement support for someone with learning disabilities

Are you sad about someone who has died?

Many people get sad when someone they love dies. The following information is for people with learning disabilities and their families and carers.



Online support

Mencap

www.mencap.org.uk/advice-and-support/dealing-bereavement



Easy Health

www.easyhealth.org.uk/index.php/health-leaflets-and-videos/dying/

National Autistic Society

www.autism.org.uk/about/family-life/bereavement



Someone to talk to

Call 0114 226 1562

The Community Learning Disability Team accepts referrals for people who would like bereavement support. You can talk about your feelings with other people who understand in a group or on a one to one basis. If you would like to speak to a member of the team about being referred for this support call 0114 226 1562 Monday to Friday, 9am to 5pm.

More support information over the page





Someone to talk to online

Visit www.griefchat.co.uk

Grief chat is a free online chat service where you can talk to a specially trained counsellor. You can give your name but you do not have to.

The chat is open Monday to Friday, 9am to 9pm



24-hour mental health telephone lines

Call 0114 2767277

Samaritans is there if you talk to someone. The phone line is open 24/7.

I want to know what other support is available...

<https://www.sheffieldmentalhealth.co.uk/covid/>

The Sheffield Mental Health Guide features a host of information about support that is available across the city around adult mental health services, children and young people's mental health services and general support.



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Sheffield Children's 
NHS Foundation Trust


Sheffield Health and
Social Care
NHS Foundation Trust


Sheffield
Teaching Hospitals
NHS Foundation Trust


Sheffield
Clinical Commissioning Group


Sheffield
City Council


saffron
Sheffield Women's Community
and Support Service


Share
Excellence in Psychotherapy


SYEDA


mind
In partnership with
Sheffield

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