



Sheffield Psychology Board

Respect

People first

Quality

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Sheffield Covid-19: Where can I get bereavement support?

The death of someone close can be one of the hardest things we have to deal with. Grief can bring a range of feelings and how we react will depend on many things. Over time, feelings may become less intense but we can't predict when it will happen or force it to come sooner.



There is no normal or 'right' way to grieve

For many, the need to stay at home to stay safe at the moment is making grieving harder. If you or someone you know is grieving, it's important to seek support. Talking to family and friends can be one of the most helpful ways to cope after someone has died.

If you need more advice, guidance and support here are the details of places where you can get help. Whether or not the death was due to Covid-19, and whether it happened before or during the pandemic, please do reach out and seek support.



I would like to talk to somebody...

0800 048 5224

Listening Ear is a freephone helpline (Monday to Friday 10am - 5pm), offering support, advice and guidance to anyone over the age of 11 in Sheffield, who is registered with a GP in South Yorkshire and is bereaved during the Covid-19 crisis.



I would like online help and support...

Cruse Bereavement Care contains lots of useful self-help information relating to bereavement, as well as how Covid-19 is affecting bereavement. There is also a phone line 0808 808 1677 open Monday to Friday 9.30am-5pm

The Good Grief Trust provides information on resources and services to support those who are bereaved.



I am really struggling with my emotional wellbeing following bereavement ...

116 123 or email jo@samaritans.org

Samaritans is there for anyone at any time about anything.

Find a GP

Your GP can help you with further advice and support.



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

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.

