

Bereavement support

Experiencing bereavement is difficult at any time, but it can be particularly traumatic during the COVID-19 pandemic. If you are looking for support in coping with loss or practical advice, such as organising a funeral, the following services could help and guide you through this time.

Dorset Open Door

Take a look at the list below but if you're not sure where to get the help you need, Dorset Open Door can help. Dorset Open Door is a partnership of healthcare organisations and charities, and they'll help organise support from the right organisation. Call 01305 361 361 or email dhc.dorsetopendoor@nhs.net.

Advice and guidance

- [BCP Council](#)
- [Dorset Council](#)
- [Bereavement Advice Centre](#)
- [UK Government advice](#)
- [British Psychological Society](#)

Bereavement support: Adults

- [Cruse](#) - 0808 808 1677
- [National Bereavement Partnership](#) - 0800 448 0800
- Funeral directors also offer bereavement support services: localfuneral.co.uk.

Bereavement support: Children and families

- [Mosaic](#) - 01258 837071
- [Winston's Wish](#) - 08088 020 021
- [Hope Again](#) - 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: **0300 123 5440**

Or call [Samaritans](#): **116 123**

Bereavement by suicide

- [Help is at Hand](#)
- [Support After Suicide](#)
- [SoBs - Survivors of Bereavement by Suicide](#) - 0300 111 5065