

Contact Sheet: Bereavement

Cruse Bereavement Care

Web: www.cruse.org.uk
Tel: 0808 808 1677

Everyone experiences bereavement at some stage in their life – whether it's the death of a parent, a loved one, a friend or a child. Cruse Bereavement Care Scotland is a charity which aims to help people through this difficult time.

Clydesdale Counselling

Web: www.clydesdalecounselling.org
Tel: 01555 773 983

Person-centred counselling for crisis, loss, stress, relationships, illness, disability, bereavement and depression.

Touched By Suicide Scotland

Web: www.touchedbysuicidescotland.org
Tel: 01294 274273 or 01294 216895

A self-help group offering emotional and practical support those bereaved by the suicide of a close relative or friend.

Breathing Space

Web: www.breathingspace.scot
Tel: 0800 83 85 87

Breathing Space is a free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Breathing Space is free to phone from a landline and any mobile phone network. The phone number won't show up in telephone bills.

MoodJuice

Web: www.moodjuice.scot.nhs.uk

The mood juice website offers a range of self-help guides designed to help you think about emotional problems and work towards solving them.