



## **Bereavement Support Services in Newham, and North East London**

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### **Mind in Tower Hamlets, Newham and Redbridge**

Mind in Tower Hamlets, Newham and Redbridge offers bereavement support services across Newham, Tower Hamlets, and Redbridge. They provide a range of support options, including

information and guidance booklets, and have partnered with FCA Graduates to produce a booklet that helps guide members of the community through the potentially traumatic process of planning a funeral. Their ambition is to remove some of the stigma around planning and paying for funerals by talking sensitively, but also openly and honestly about the process and associated costs, and how to plan a loving and dignified funeral with any budget. To relieve some of the distress caused by bereavement, the booklet contains information about the emotional and financial support offered by organisations in the local area, the government, and organisations that can help those wishing to celebrate their loved one's life in a way reflective of their religious beliefs and traditions. [East London NHS Foundation Trust](https://www.eastlondonnhs.uk/mental-health-support-services/6)  
[5mindthnr.org.uk+5mindthnr.org.uk+5](https://www.eastlondonnhs.uk/mental-health-support-services/6)

[mindthnr.org.uk+3East London NHS Foundation Trust+3mindthnr.org.uk+3](https://www.eastlondonnhs.uk/mental-health-support-services/6)

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### **London Borough of Newham**

<https://www.newham.gov.uk/health-adult-social-care/mental-health-support-services/6>

### **Coping with bereavement**

Coping with the loss of a loved one is one of the most difficult things to happen in our lives.

During times of grief, there is somebody you can talk to and organisations that offer a range of support.

In Newham there are various services who can support you.

### **AtaLoss**

AtaLoss is a registered charity that provides the UK's award winning bereavement signposting and information website.

Website: <https://www.ataloss.org/>

### **Supporting Humanity**

A mental health and bereavement charity whose support includes help with burial, liaison with hospitals and registrars in addition to a free emotional support helping.

Website: <https://www.supportinghumanity.org/burial-and-bereavement/>

Phone: 020 4551 1584

### **London Friend**

Offers six, free one-to-one counselling sessions to LGBTQ+ people, to help cope with a difficult bereavement.

Website: <https://londonfriend.org.uk/counselling/>

### **Thrive LDN**

Support after sudden bereavement.

Website: <https://thrivelndn.co.uk/resources/support-after-sudden-bereavement>

### **Good Thinking Bereavement resources**

Good Thinking is a digital mental wellbeing tool that provides safe, proactive and early intervention tools to Londoners which includes advice guides for adults and young people on how to cope with bereavement and grief, how best to support someone else and faith based bereavement resources.

Website: [www.good-thinking.uk/bereavement](http://www.good-thinking.uk/bereavement)

### **Support after loss of a child**

#### **Child Bereavement UK**

Child Bereavement UK helps children who have suffered a loss or death of someone they love at any time. Translators are available at these services.

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)

Phone: 0800 02 888 40

Email: [londonsupport@childbereavementuk.org](mailto:londonsupport@childbereavementuk.org)

### **Support for suicide loss**

#### **Grief in Pieces**

Grief in Pieces is part of Safe Connections: Local Support for People Facing Suicide, operated by Mind in North East London (a partnership of local Minds). It offers a range of support for people and families who have experienced the loss of a loved one, friend or colleague to suicide.

Phone: 0208 525 2337

Email: [supportforsuicideloss@mindchwf.org.uk](mailto:supportforsuicideloss@mindchwf.org.uk)

#### **Survivors of Bereavement by Suicide**

Offer support daily from 9am to 9pm.

Phone: 0300 111 5065

Website: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

### **First Hand – Support After Suicide**

Making sense of the lasting memories and emotions following the suicide of someone you didn't know.

Website: <https://supportaftersuicide.org.uk/resource/first-hand>

### **Support for birth loss or birth trauma: OCEAN Mental Health Service East London**

OCEAN (Offering Compassionate Emotional Support for those Living Through Birth Trauma & Birth Loss) is a maternity and mental health service providing support for those affected by birth loss or birth trauma.

It provides support for individuals experiencing moderate to severe mental health needs arising from:

- Birth trauma
- Pregnancy loss (due to miscarriage, stillbirth, or termination for any reason)
- Neonatal death
- Parent infant separation following birth due to safeguarding concerns
- Severe fear of childbirth

**Opening hours:** Monday - Friday 9-5pm

**Email address:** [elft.eastlondonocean@nhs.net](mailto:elft.eastlondonocean@nhs.net)

**Telephone number:** 0203 222 8047

**Website:** [OCEAN Mental Health Service East London | East London NHS Foundation Trust \(elft.nhs.uk\)](https://www.nhs.uk/services/elft-east-london-ocean-mental-health-service)

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## **Resources**

### **Help is at Hand Booklet**

The [Help is at Hand booklet](#) is an additional resource for people bereaved through suicide or other unexplained death, and for those helping them.

### **Useful Links**

- [Newham mental health crisis support page](#)
  - [How to register a death](#)
  - [Get help with grief after bereavement or loss - NHS \(www.nhs.uk\)](#)
  - Directory of grief support services including a language translation function:  
Home – [The Good Grief Trust](#)
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## City and East London Bereavement Service (NHS)

The City and East London Bereavement Service provides counselling for individuals and couples who have experienced a bereavement at any time in their lives. They offer counselling in a variety of languages, including Bengali, Hindi, Urdu, English, Italian, Spanish, French, and German. The service is available to residents of the London Borough of Tower Hamlets. Referrals can be made by individuals themselves or through a professional.

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## East London NHS Foundation Trust (ELFT)

ELFT offers bereavement counselling and early support for those experiencing a recent loss, available via telephone, video, or face-to-face appointments. They collaborate with Mind in Tower Hamlets and Newham to deliver these services. The service is available to residents of Newham and Tower Hamlets.

[mindthnr.org.uk](http://mindthnr.org.uk)+3East London NHS Foundation Trust+3[mindthnr.org.uk](http://mindthnr.org.uk)+3

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## Additional Support Services

- **Good Thinking:** A digital mental wellbeing tool that provides safe, proactive, and early intervention tools to Londoners, including advice guides for adults and young people on how to cope with bereavement and grief. Visit [good-thinking.uk/bereavement](http://good-thinking.uk/bereavement).
  - **Grief Encounter** – supporting bereaved children and young people: <https://www.griefencounter.org.uk/> For support call: 0808 802 0111, Weekdays 9:30am-3pm
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**Note:** Please be aware that some services may have waiting times due to high demand. It's advisable to contact them directly for the most current information and support options.

