

Bereavement Information and Support Organisations

Bereavement Care Information and Support

Aisling Centre Enniskillen Counselling for bereavement, trauma and anxiety.

Telephone: 028 6632 5811

Website: www.theaislingcentre.com

Aware Defeat Depression Support groups available across Northern Ireland.

Helpline: 028 7126 0602

Website: www.aware-ni.org.uk

Brake The road safety charity. For anyone bereaved, injured or affected by a road traffic collision.

Helpline: 0808 8000 401

Website: www.brake.org.uk

British Association for Counselling and Psychotherapy (BACP)

BACP is the professional body for counsellors and psychotherapists in UK and NI and can assist in finding a counsellor / psychotherapist in private practice. Counselling and psychotherapy cover a range of talking therapies, delivered by trained practitioners working with people over a short or long term to help bring about effective change or enhance wellbeing.

Telephone: 01455 88 33 00

Website: www.bacp.co.uk

Cancer Focus NI Bereavement Groups and one to one support for those bereaved through cancer.

Telephone: 028 9066 3281

Website: www.cancerfocusni.org

The Compassionate Friends If you have lost a child we are here to help and support you. We offer you understanding, support and the opportunity to share experiences and feelings with other bereaved parents in a safe and caring environment.

Telephone: 028 8778 8016

Website: www.tcf.org.uk

Counselling Directory Contacts for professional counsellors and psychotherapists.

Telephone: 0333 325 2500

Website: www.counselling-directory.org.uk

Cruse Bereavement Care Provides a free and confidential support service for anyone coping with bereavement.

Telephone: UK National Helpline: 0808 806 1677

NI Regional Office: 028 9079 2419

Foyle Cruse Area 028 7126 2941

Omagh/Fermanagh Cruse Area 028 8224 4414

Website: www.cruse.org.uk email: helpline@cruse.org.uk

Disaster Action Self-help group for those bereaved by a major disaster.

Telephone: 014 8379 9066

Website: www.disasteraction.org.uk

Derry Well Woman Generic counselling service available for women wishing to explore and clarify personal issues in a safe and non-judgmental environment. Self-referral only; no charge for this service.

Telephone: 028 7136 0777

Website: www.derrywellwoman.org email: info@derrywellwoman.org

Family Trauma Centre A regional service providing specialist treatment services for children, young people and their families following severe trauma. Referral via GP, Health Visitor, School etc.

Telephone: 0845 600 6483

Website: www.familysupportni.gov.uk

Foyle Hospice Provides bereavement support for those whose loved ones have received hospice care.

Telephone: 028 7135 1010

Website: www.foylehospice.com email: care@foylehospice.com

HIV Support Centre Belfast Support and counselling for anyone affected by Aids/HIV, for those preparing for bereavement or for those who have been bereaved.

Telephone: 028 9024 9268 **Helpline:** 0800 137 437

Website: www.positivelifeni.com

Koram Centre Counselling Psychotherapy and Psychosocial Support, Strabane The Koram Centre helps people to take a look at their own personal development. Listening ear and counselling service

Telephone: 028 7188 6181

Website: www.koramcentre.com

LGBT Bereavement Helpline Support for lesbian, gay, bisexual and transgendered callers as well as family and friends, who have been bereaved or are preparing for bereavement.

Telephone: Helpline 0300 330 0630 Daily 10am – 11pm

Website: www.londonfriend.org.uk

Lifeline Counsellors available 24 hours a day, 7 days a week who are experienced in dealing with issues such as depression, anxiety. Offers help and support, in confidence.

Telephone: 0808 808 800

Website: www.lifelinehelpline.info

Lone Twin Network Support group run by and for lone twins

Website: www.lonetwinnetwork.org.uk

Meningitis Now Provides specific services for those bereaved as a result of meningitis

Telephone: 0808 801 0388 **NI:** 0345 120 0663

Website: www.meningitisnow.org

Northwest Counselling Counselling service which specialises in helping and assisting people through any kind of personal and/or relationship based issues affecting their lives. All counsellors fully trained and accredited with a national organisation. Private counselling is charged at £50 per one hour session but clients can be referred via their GP and six sessions are then provided free of charge to the client.

Telephone: 028 7181 3587

Website: www.northwestcounselling.co.uk

Support after Murder and Manslaughter

Telephone: 0121 472 2912

Website: www.samm.org.uk

Tara Centre Omagh Tara Centre is the service of healing, peace and holistic wellbeing

Telephone: 028 8225 0024

Website: www.taraomagh.com

The Centre Support & counselling for anyone affected by Aids / HIV

Telephone: 028 9024 9268

Website: www.positivelifeni.com

The Samaritans If something is troubling you, then get in touch.

Confidential emotional support 24 hours a day, 365 days a year.

Telephone: 116 123 UK/ROI

Website: www.samaritans.org

The Silver Line A free and confidential helpline for older people. Available 24 hours. For information, friendship and advice.

Helpline: 0800 470 8090

Website: www.thesilverline.org.uk

WAVE Trauma Centre For anyone bereaved by violence

Telephone: 028 7126 6655/ 028 8225 2522

Website: www.wavetraumacentre.org.uk

Support for Bereaved Children and Young People

Barnardo's Child Bereavement Support Service Provides advice and support to adult children, young people, their families and carers who have been bereaved

Telephone: 028 9066 8333 **Advice line:** 028 9066 8333

Website: www.barnardos.org.uk/childbereavementservice

Barnardo's Nova Barnardo's trauma support service providing therapeutic support for children and families affected by psychological trauma in NI

Telephone: 028 4062 8758

Website: www.barnardos.org.uk/nova

Bereavement Support for Teenagers (12-16) Web site to help children cope when a parent has cancer. Contains stories from other young people along with information and tips to help children understand and deal with what is happening in the family.

Website: www.riprap.org.uk

Contact NI Contact employs professionally qualified counsellors who have extensive experience of working with people facing a wide range of problems

Telephone: 028 9074 4499

Website: www.nicva.org

ChildLine Free confidential helpline for children and young people in danger or distress

Telephone: 0800 1111

Website: www.childline.org.uk

Hope Again Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies.

Telephone: 0808 808 1677

Website: www.hopeagain.org.uk

Youth Action Works with young people to support them as active and equal citizens whose voices are heard, respected and valued.

Telephone: 028 7131 8854

Website: www.youthaction.org

Youthlife Provides a wide range of services for children and young people who have experienced bereavement and loss in their lives.

Telephone: 028 7137 7227

Website: www.youthlife.org

Support for Bereaved Parents

Anam Cara Supporting parents after bereavement through the provision of a range of online and face to face services.

Telephone: 00 353 (0)1 4045378

Website: www.anamcara.ie email: info@anamcara.ie

Child Death Helpline Support for anyone affected by the death of a child, irrespective of the age of the child, the relationship or the length of time since the death.

Telephone: 0800 282986 / 0808 800 6019

Website: www.childdeathhelpline.org

Childhood Bereavement Network (CBN) The hub for those working with bereaved children, young people and their families across the UK.

Telephone: 020 7843 6309

Website: www.childhoodbereavementnetwork.org.uk

Child Bereavement UK Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Telephone: 0800 02 888 40

Website: www.childbereavementuk.org

Compassionate Friends NI Supporting bereaved parents & their families after a child dies.

Telephone: NI Helpline: 028 8778 8016 UK National Helpline: 0345 123 2304

Website: www.tcf.org.uk

Derry Well Woman Miscarriage Counselling Service Women can contact the centre at any time whether their miscarriage was recent or a long time ago, for one to one counselling. DWW offers a non-judgmental, confidential space for women to talk, to grieve and heal, to receive support and information. Self-referral only; no charge for this service

Telephone: 028 7136 0777

Website: www.derrywellwoman.org email: info@derrywellwoman.org

Life After Loss The pregnancy and infant loss charity for baby loss at any stage. Provides support and information to those who have been through the death of a baby at any stage of pregnancy, or early in life, for any reason. Online forum available 24/7 for grieving parents to read and post messages, giving and receiving support.

Telephone: 028 9260 5578

Website: www.lifeafterloss.org.uk

Lullaby Trust Provides specialist support for bereaved families and anyone affected by Sudden Infant Death Syndrome (SIDS)

Telephone: 0808 802 6868

Website: www.lullabytrust.org.uk email: support@lullabytrust.org.uk

Miscarriage Association UK Support and information for anyone affected by pregnancy loss. See also website for partners.

Telephone: Helpline: 01924 200799 Mon- Fri 9.00am – 4.00pm

Website: www.miscarriageassociation.org.uk

Website: www.miscarriageassociation.org.uk/support/feelings-after-pregnancy-loss/support-for-partners/

Miscarriage Association 'Forget me not Meadow'

A memorial to babies lost in pregnancy, offering a special place to mark the brief lives of those babies who died before they were born. Parents can leave a message in memory of their baby or can provide a name and date and the miscarriage association will place a new forget-me-not in the meadow.

Website: www.miscarriageassociation.org.uk

SANDS NI Stillbirth and Neonatal Death Charity

NI Helpline: 0774 099 3450

Website: www.sandsni.org

Twins and Multiple Births Association (TAMBA) Bereavement support group

Telephone: 0800 138 0509 / NI 0752 511 7010

Website: www.tamba.org.uk

Winston's Wish Gives support for those caring for children affected by the death of a parent or a sibling and to the children themselves.

Helpline: 0808 802 0021

Website: www.winstonswish.org.uk

Support for those bereaved through Suicide

Bereaved by Suicide Family Liaison Services

A Western Trust service providing practical support and guidance, short term follow up and local bereavement support groups.

Telephone: Londonderry/Limavady 028 71320138

Enniskillen/ Omagh 028 66382112

Zest Counselling and support for anyone affected by the impact of self-harm and suicide

Telephone: 028 7126 6999

Website: www.zestni.org

Practical Information and Support

Advice NI Our vision is of a society of confident, informed, and active citizens who can access their rights and entitlements.

Telephone: 0808 802 0020

Website: www.adviceni.net

Advice Northwest (Formally Citizens Advice Bureau (CAB))

Providing the advice people need for the problems they face and improving the policies and practices that affect people's lives.

Derry/Londonderry: Embassy Court, 3 Strand Road, BT48 7BJ

Telephone: 0300 303 3650

Derry/ Londonderry Waterside Office: 14-22 Spencer Road, BT47 6QA

Telephone: 0300 303 3650

Strabane: 17 Dock Street, BT82 8EE

Telephone: 0300 303 3650

Website: www.advicenorthwest.com

Debt Helpline

Telephone: 080 0028 1881

Website: www.adviceni.net

Age NI Delivering care, advice and advocacy services; fundraises and influences decision-makers to improve later life for all

Telephone: 0808 808 7575

Website: www.ageuk.org.uk/northern-ireland

Alzheimer's Society A membership organisation, which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland

Telephone: 0300 222 1122

Website: www.alzheimers.org.uk

Bereavement Register Registering relatives' details will stop unwanted direct mail being sent to those who have died

Telephone: 020 7089 6403

Website: www.the-bereavement-register.org.uk

Coroners Service for Northern Ireland

5th Floor, Laganside House, 23-27 Oxford Street, Belfast, BT1 3LA

Telephone: 0300 200 7811

Website: www.justice-ni.gov.uk

Disability Action Works to ensure that people with disabilities attain their full rights as citizens, by supporting inclusion, influencing government policy and changing attitudes in partnership with disabled people.

Telephone: 028 7136 0811

Website: www.disabilityaction.org

District Registrar Offices, Western Trust Area

Derry / Londonderry: 14 Magazine Street, BT48 6HH

Tel: 028 7137 6520

Enniskillen: Townhall, Enniskillen, BT74 7BA

Tel: 0300 303 1777

Limavady: 7 Connell Street, Limavady, BT49 0HA

Tel: 028 7772 2226

Omagh: The Grange, Mountjoy Road, Omagh BT79 7BL

Tel: 0300 303 1777

Strabane: Council Offices, 47 Derry Road, Strabane BT82 8DY

Tel: 028 7138 2204

Mencap NI Supports people with a learning disability and their families in Northern Ireland.

Telephone: 028 7126 2227

NI Learning Disability Helpline: 0808 808 1111

Website: www.mencap.org.uk/northern-ireland

Natural Death Centre Information on 'green' funerals and arranging a funeral yourself.

Telephone: 087 1288 2098

Website: www.naturaldeath.org.uk

NI Bereavement Services (Department for Communities) To report the death of someone receiving Social Security benefits, offers relatives a single point of contact to inform benefits offices of the death and eligibility. Check to help access any benefits due.

Freephone: 0800 085 2463

Website: www.nidirect.gov.uk

NI Direct Provides helpful advice for families dealing with the death of a relative e.g. funeral arrangements, registration of death etc.

Website: www.nidirect.gov.uk

Northern Ireland Housing Executive

Derry/ Londonderry, Omagh and Enniskillen

Telephone: 0344 892 0900

Northern Ireland Women's Aid Women's Aid is the lead voluntary organisation in Northern Ireland addressing domestic violence and providing services for women and children.

Telephone: 028 9024 9041

Website: www.womensaidni.org

PHA Support Directory Western Trust Area. A Churches' Initiative on Suicide

Website: www.wewillflourish.com

Social Security Agency: Bereavement Service

Contact this service to:

Report a death to the Social Security Agency.

Check if you may be entitled to benefits.

Make a claim for Bereavement 'support payment' and/ or 'funeral payment'.

Telephone: Freephone 0800 085 2463

Victim Support Northern Ireland A charity which helps people affected by any type of crime, providing emotional support, information and practical help to victims, witnesses and others affected by crime.

Telephone: Derry/ Londonderry 028 71370086

Website: www.victimsupportni.co.uk

Spiritual / Cultural Information

Bahá'í Council for Northern Ireland

64 Old Dundonald Road, Belfast BT16 OXS

Telephone: 028 9048 0500

Website: www.bahaicouncil-ni.org.uk

Black Mountain Zen Centre

Cathedral Street, 64 Donegall Street, Belfast, BT1 2GT

Website: www.blackmountainzencentre.org

Potala Kadampa Buddhist Centre

265 Ormeau Rd, Belfast, BT7 3GG

Telephone: 028 90691820

Website: www.meditateni.org

Jampa Ling Buddhist Centre

Bawnboy, Co. Cavan

Telephone: 00 353 49 952 3448

Website: www.jampaling.org

Chinese Welfare Association NI

1, Stranmillis Embankment, Belfast BT7 1GB

Telephone: 028 9028 8277

Website: www.cwa-ni.org

Church of Ireland

Diocesan Centre, 24 London Street, Londonderry BT48 6RQ

Telephone: 028 7137 7013

Website: www.ireland.anglican.org

Derry Travellers' Support Group

Encourages participation and empowerment amongst the Traveller community.

Ballyarnet Road, 141 Racecourse Road, Londonderry, BT48 8NG

Telephone: 028 7135 9340

Hare Krishna Temple

ISKCON Belfast, 2a Brooklands Grange, Belfast, BT17 0SA

Telephone: 028 9062 0530

Website: www.iskconbelfast.co.uk

Hindu Cultural Centre and Temple NI/ Indian Community Centre

86 Clifton Street, Belfast BT13 1AB

Telephone: 028 9024 9746

Humanist Association NI (HUMANI) Ceremonies Coordinators:
Telephone: Myrtle Ewing 028 9076 0002
Jennifer Sturgeon 028 7035 4287 or 078 1803 6404
Website: www.humanistni.org www.humanism.org.uk

Irish Council of Churches
Inter-Church Centre, 48 Elmwood Avenue, Belfast BT9 6AZ
Telephone: 028 9066 3145
Website: www.irishchurches.org

Islamic Centre Belfast
38 Wellington Park, Belfast BT9 6DN
Telephone: 028 9066 4465
Website: www.belfastislamiccentre.org.uk

Jewish Community Belfast
Wolfson Centre, 49 Somerton Road, Belfast BT15 3LH
Telephone: 028 9077 5013
Website: www.belfastjewishcommunity.org.uk

Methodist Church
9 Lennoxvale, Belfast, Co. Antrim, BT9 5BY
Telephone: 028 9076 7969
Website: www.irishmethodist.org

Multi-Cultural Resource Centre
Bryson Intercultural, 34 Donegall Road, Belfast, BT7 1NR
Telephone: 03 4561 4177
Website: www.mcrc-ni.org

Muslim Family Association NI
NIMFA, 7 Rugby Rd, Belfast, BT7 1PS
Telephone: 028 9031 5784
Website: www.communityni.org

NI Council for Ethnic Minorities (NICEM)
127-129 Ormeau Road, Belfast, BT7 1SH
Telephone: 028 9023 8645
Website: www.nicem.org.uk

Omagh Ethnic Communities Support Group
Community House, 2 Drumragh Avenue, Omagh, Co Tyrone, BT78 1DP
Telephone: 028 8224 9750
Website: www.omaghcommunityhouse.com

Polish Educational & Cultural Association NI
PECA, 54 Elmwood Avenue, Belfast, BT9 6AZ
Telephone: 079 25761634
Website: peca-ni.org

Pakistani Cultural Association NI
8 Braniel Park, Belfast BT5 7JL
Telephone: 028 9083 6704

Presbyterian Church in Ireland

Assembly Buildings, Belfast, BT1 6DW

Telephone: 028 9032 2284

Website: www.presbyterianireland.org

Religious Society of Friends (Quakers)

Stocking Lane, Dublin 16, D16 V3F8

Telephone: 00353 1499 8003

Website: www.quakers-in-ireland.ie

Roman Catholic Church

Diocesan Office, Bishops House Derry, BT48 9YG

Telephone: 028 7126 2302

Website: www.catholicbishops.ie

Sikh Cultural Community Centre NI

16 Simpson Brae, Waterside, Derry / Londonderry

Telephone: 028 7134 3935

Website: www.sikhni.org

The National Secular Society

Telephone: 020 7404 3126

Website: www.secularism.org.uk

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