

## Critical care unit

# Support for family and friends after the death of a loved one

## Information for patients, relatives and carers

### Introduction

After the death of your loved one, you may have less interaction with the people you met in intensive care. You may not feel as supported.

**You are not alone – it is important to remember this.**

If you need to speak to someone in private, you can contact your GP. Or you can contact the groups below for support. These services are confidential and what you say will be private.

### Bereft Bereavement Support

Bereavement is the sense of grief and loss you feel when someone close to you dies

**Telephone:** 020 8896 2800

#### Email

[bereftbereavementsupport@hotmail.co.uk](mailto:bereftbereavementsupport@hotmail.co.uk)

[bereftbereavementsupport.co.uk/](http://bereftbereavementsupport.co.uk/)

#### Opening hours

Monday	10:00 to 13:00
Tuesday	12:00 to 17:00
Wednesday	12:00 to 17:00
Thursday	10:00 to 12:00
Friday	10:00 to 13:00
Saturday	10:00 to 12:00

If you call outside these hours, please leave a message. Remember to include your name and your telephone number. An

advisor will call you back during opening hours.

### Grief Encounter (for children and young people)

**Telephone:** 080 8802 0111

**Email** [support@griefencounter.org.uk](mailto:support@griefencounter.org.uk)

[griefencounter.org.uk](http://griefencounter.org.uk)

Open Monday to Friday from 9:00 to 21:00

### Samaritans (24 hours, 7 days a week)

Free call and email service

**Telephone:** 116123

**Email** [jo@samaritans.org](mailto:jo@samaritans.org)

### SHOUT (24 hours, 7 days a week)

Free text service

**Text SHOUT to:** 85258

### Untangle Grief

[untanglegrief.com](http://untanglegrief.com)

**Please remember, if you need help straightaway, call 111 or 999**