



## EMPLOYEE HEALTH & WELLBEING SERVICE

Occupational Health  
Occupational Physiotherapy  
Employee Wellbeing

### Bereavement resources



The **Cruse Bereavement Care** Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The [Cruse Bereavement Care website](#) also provides many useful resources for those who have been bereaved, or are supporting somebody who is grieving. For example, their '[Restoring Hope](#)' [booklet](#) provides information about how you may feel after a loss, taking care of yourself, supporting friends or relatives in their grief, looking to the future, and helping bereaved young people and children:

**Call: 0808 808 1677** or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

#### Opening times:

Monday: 9.30am-5pm

Tuesday: 9.30am-8pm

Wednesday: 9.30am-8pm

Thursday: 9.30am-8pm

Friday: 9.30am-5pm

Saturday and Sunday: 10am -2pm

Dr Julie Highfield and Alison Scrivens, of Cardiff and Vale UHB, have prepared guidance for managers supporting their team around the loss of a staff member of long-term patient: please see '[Guidance for line managers around grief](#)'.

The **Samaritans** have introduced a confidential NHS staff support line, free to access from 7:00am-11:00PM, seven days a week.

**Call: 0300 131 7000.** Alternatively, you can text **FRONTLINE** to **85258** for support 24 hours a day via text.

#### If you have been bereaved by suicide

The [Survivors of Bereavement by Suicide website](#) provides support to those bereaved, including a helpline, support groups and resources

**Help is at hand** is a document with advice and information for those who have been bereaved by suicide. [Read help is at hand here.](#)