

Grief and Bereavement Support

North Staffordshire Combined Healthcare

Wellbeing College workshop: Grief Out Loud

This interactive workshop offers an introduction for those who have experienced grief, bereavement and loss or those who would like a greater insight into how to support themselves and others.

Visit: <https://wellbeingcollege.combined.nhs.uk/our-workshops/grief-out-loud/>

Email: wellbeingcollege@combined.nhs.uk

North Staffordshire Combined Healthcare

Combined Wellbeing Portal empowers and enables the self-management of mental wellbeing, providing relevant information, guidance and support from the Trust and other partner organisations. It can be accessed by anyone, visit:

<https://combinedwellbeing.org.uk/topic/adult-grief/>

Child of Mine

A Child of Mine is here after the most unimaginable loss, after a baby or child has died. We are here to support families with emotional support, practical information and guidance. We also offer training and education to healthcare professionals from a parent's perspective.

Our Office.

1 The Green

Stafford

ST17 4BH

Contact us.

Tel: 01785 785819

Email: hello@achildofmine.org.uk

Stafford & District Bereavement & Loss Support Service

The service provides free confidential support for people over the age of 18 who live in Stafford, Stone and the surrounding district who are going through bereavement or loss. Typical sessions are 50 mins via face to face, online or telephone appointments.

Stafford & District Bereavement & Loss Support Service

Oakridge Business Centre

Weston Road

ST16 3RS

staffordbereavementsupport.org.uk

Email : sdblss@hotmail.co.uk

Tel: 07828 263554

Monday - Friday: 10 AM - 12NOON

Survivors of Bereavement by Suicide SOBS

We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.

Phone support : Please call 0300 111 5065, we are open everyday 9am-7pm

Group Support: Meeting day 3rd Tuesday of every month

Telephone: [07946 527 834](tel:07946527834) Email: stafford@uksobs.org