

# Bereavement support in Dorset



Dorset HealthCare  
University  
NHS Foundation Trust

Experiencing bereavement is difficult at any time but it may be particularly traumatic during the COVID-19 pandemic. There is lots of support available, and we have put together details of support services ranging from emotional support and peer support to practical advice and guidance.

## Dorset Open Door

If you're not sure what you might find helpful, Dorset Open Door can help. As a partnership of healthcare organisations and charities, they'll explore your options with you and link you with the right service. You can call **01305 361 361** or email [dhc.dorsetopendoor@nhs.net](mailto:dhc.dorsetopendoor@nhs.net) Monday to Friday from 9.30am to 4.30pm.

## Advice and guidance

- BCP Council
- Dorset Council
- Bereavement Advice Centre UK
- Government advice British
- Psychological Society

## Adults

- Cruse - 0808 808 1677
- National Bereavement Partnership - 0800 448 0800
- Funeral directors also offer bereavement support services: [localfuneral.co.uk](http://localfuneral.co.uk).

## Children and families

- Mosaic - Supporting Bereaved Children - 01258 837071
- Winston's Wish - 08088 020 021
- Hope Again (a Cruse service) - 0808 808 1677
- Child Bereavement UK - 0800 02 888 40
- The Compassionate Friends - 0345 123 2304
- Simon Says - 02380 647550

## Other resources and support

- Dorset Mental Health Forum
- Dorset Mind
- Rethink - Dorset Carers Support - 01305 262771
- Recovery Education Centre - 01202 584478
- Contact your local faith organisation or Faith works
- Dorset Coroner's Service - 01202 454910

## Mental health crisis

If you're in distress or feel you can't cope, contact **Connection**, Dorset's 24/7 helpline: **0800 652 0190**  
Or call Samaritans: **116 123**

## Bereavement by suicide

- Support After Suicide
- Survivors of Bereavement by Suicide - 0300 111 5065
- Dorset Mental Health Forum Carers Project - 01305 340045