

Social Security Scotland

If you live in Scotland and receive certain benefits or tax credits you can apply for help towards funeral costs. You can find more information and make a claim by phone or via the website.

Phone: 0800 182 2222

Website: www.mygov.scot/benefits/funeral-support

Switchboard - Lesbian and Gay Bereavement Helpline

Support and advice for lesbian, gay, bisexual and transgendered people who have been bereaved or are facing bereavement.

Phone: 0300 330 0630 (9 am – 11 pm daily)

The Compassionate Friends

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

Phone: 0345 123 2304

Website: www.tcf.org.uk

The WAY (Widowed and Young) Foundation

Support network for men and women widowed under the age of 50 and their children.

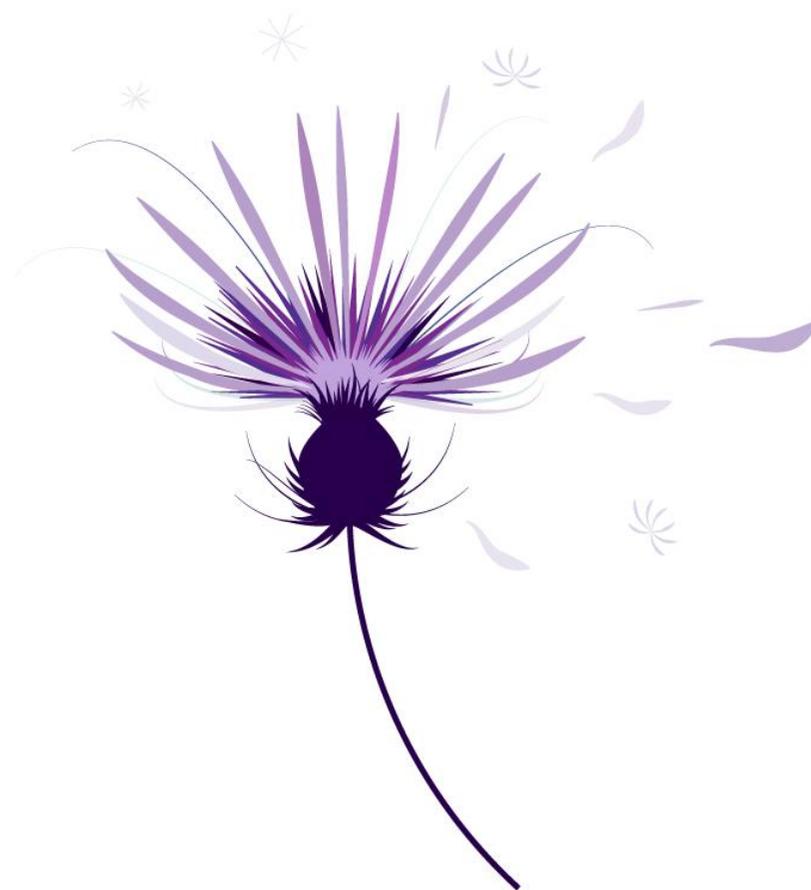
Email: info@wayfoundation.org.uk

Website: www.wayfoundation.org.uk

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130



Bereavement Help and Support

*** - Local Information and Services

Useful Contacts

The death of someone close is a major event in anyone's life and there are no quick ways of adjusting. If you feel you are not coping, there are services that can provide support. Bereavement can also bring about practical, legal and financial issues that require advice and assistance.

Department of Spiritual Care

NHS Fife Department of Spiritual Care can provide confidential, sensitive and non-judgmental bereavement support; helping people find sources of strength and comfort and during difficult or worrying times.

The Department can be contact through the main hospital switchboard:
01592 643355.

Breathing Space

A confidential helpline for anyone in Scotland feeling low, anxious or depressed. Operates overnight during the week and 24 hours a day at the weekend.

Phone: 0800 83 85 87. Mon - Thurs, 6pm - 2am and
Friday 6pm – Monday 6am

Website: www.breathingspace.scot

Cruse Bereavement Care Scotland

Bereavement support and one-to-one counselling at local offices throughout Scotland, Edinburgh and the Lothians.

Phone: 0845 600 2227

Email: support@crusescotland.org.uk

Website: www.crusescotland.org.uk

Samaritans

A confidential safe space to talk by phone, in any way you need to, about whatever is getting to you, 24 hours a day, 365 days a year

Phone: 116 123

Email: supportjo@samaritans.org

Website: www.samaritans.org

Age Scotland

Provide information, advice and support for older people in Scotland. Cover practical issues such as arranging a funeral, sorting out an estate or coping with loneliness.

Phone: 0800 12 44 222

Website: www.ageuk.org.uk/Scotland

Citizens Advice Scotland

Advice on a range of issues including money, debt, benefits, legal issues and housing. Details of local branches can be found online:

Website: www.citizensadvice.org.uk/scotland

DWP Bereavement Service

Department for Work & Pensions – are you eligible for help with funeral costs or any other benefits.

Phone: 0345 606 0265 (or Text phone: 0345 606 0285)

PETAL Support (People Experiencing Trauma and Loss)

A Scottish charity providing practical and emotional support, for people bereaved through murder, culpable homicide or suicide.

Phone: 01698 324502

Email: info@petalsupport.com

Website: www.petalsupport.com

Scottish Families Affected by Drugs and Alcohol (SFAD)

Offer support and information throughout Scotland for anyone bereaved through drugs or alcohol.

Phone: 08080 10 10 11

Email: helpline@sfad.org.uk

Website: www.sfad.org.uk/support-services/bereavement

SOBS (Survivors of Bereavement by Suicide)

Support and advice for people bereaved by suicide.

Phone: 0300 111 5065 (9am-9pm, daily)

Email: email.support@uksobs.org

Website: www.uksobs.org