



Step out Sheffield

Useful contacts for bereavement support

NHS Choices

www.nhs.uk/livewell/bereavement/Pages/bereavement.aspx

Coping with bereavement. A bereavement counsellor explains what bereavement is, how to cope and where to go for help and support.

Cruse

www.cruse.org.uk/sheffield-branch

Telephone 0114 2493328

Age UK

www.age.uk.org/bereavement

Street, Sheffield S1 2GF

Telephone 0114 2502850

44 Castle

Mind

www.sheffieldmind.co.uk

House, 57 Wostenholm Road Sheffield S7 1LE

Telephone 0114 2584489

Lawton Tonge

St Lukes

www.stlukeshospice.org.uk

Lane, Sheffield

Telephone 0114 2369911

Little Common

Sobs

uk-sobs.org.uk/support-group/Sheffield

Telephone 0300 111 5065

National Association of widows

www.nawidows.org.uk

Telephone 0845 838 2261

Bereavement Advice Centre

www.bereavementadvice.org

Telephone 0800 634 9494

Why not join a health walk group? Get out in the day. Enjoy the fresh air in the safety of a group, make new friends and join them for a cuppa and a chat afterwards.

