

The Sutton and Merton Telephone Bereavement Support Service is provided by Cruse Bereavement Care in partnership with NHS Sutton and Merton Primary Care Trust.

Cruse Bereavement Care exists to promote the wellbeing of bereaved people and to enable anyone suffering bereavement through death to understand their grief and cope with their loss.

Cruse Bereavement Care
'Restoring hope'

Sutton and Merton Telephone Bereavement Support Service

0208 939 2537

or email

suttonandmerton@cruse.org.uk

**8am to 8pm
Monday to Friday**

Cruse website
www.cruse.org.uk

Cruse children and
young people's website
www.rd4u.org.uk

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**Call:
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For most of us, bereavement will be the most distressing experience we will ever face. Grief is a natural reaction when somebody close to us dies. Most of us are totally unprepared for the experience of grief and loss, and even those who have the help and support of friends and family can feel confused and frightened by their feelings.

When someone dies, a relationship is lost, a process of change begins and we move towards a new and largely unknown situation.

Bereavement support can help you to:

- express painful thoughts and feelings
- gain understanding of the process of bereavement
- discuss and explore practical issues
- find the right support and help for you

Sutton and Merton Telephone Bereavement Support Service is available to anyone who is registered with a GP within Sutton and Merton Primary Care Trust

How can we help?

Our team will be able to help and support you at any stage of your bereavement, no matter who has died or when.

We will also be able to support you if you are about to be bereaved and anticipate a period of grief, perhaps as your loved one nears the end of a terminal illness.

We provide a range of services including:

- someone to talk to over the telephone
- information about many aspects of bereavement and other sources of help and support
- helpful leaflets (also available from the Cruse website)

Sutton and Merton Telephone Bereavement Support Service is provided by trained, experienced volunteers, and is confidential and free.

Contact us

Call the telephone number to speak to one of our experienced bereavement support team.

If you have to leave a message, we will call you back.

You can also send us an email to ask for information or advice, or to arrange telephone support.

Cruse has a bookshop with titles to help bereaved people of all ages, at any stage of their bereavement journey.

For a list of publications please email: shop@cruse.org.uk or call 020 8939 9530

Visit the website www.cruse.org.uk for information, leaflets and booklets