

Company	Info	Contact	Cost
Cruse Bereavement	To promote the wellbeing of children, young people and adults. Aim to help people understand grief and cope with loss. Covers Bridlington, Driffield, Hornsea, Filey, the Wolds and all surrounding villages.	01482 565565	Free
Barnardo's	Resource for supporting children with bereavement	How to explain Death to CYP and help them cope- Revised.pdf (barnardos.org.uk)	Free
Child Bereavement UK	Resources for professionals to support children with bereavement	How we can support you Child Bereavement UK	Free
Dove House	The main aim of the groups is to give children and teenagers who have experienced bereavement the knowledge that they are not alone and to be with other people who will understand them in a safe, caring and supportive environment.	children@dovehouse.org.uk	Free
HEY Mind	For any mental health enquiry, large or small, access to information and signposting to mental health services for people living in Hull and East Yorkshire. There are also support groups for those accessing a service via HEY Mind to socialise with each other. These are held all over the county.	info@hey mind.org.uk	Free
Talk Suicide	Offering free emotional and practical support to individuals of any age who have lost someone to suicide.	01482 240133	Free
Co-op Funeral Care Bereavement Group	This group is for anyone who has had a bereavement and would like to meet others, share experiences, learn more about the impact of grieving, combating illness, learn relaxation techniques and much more. First Wednesday of the month - 11-1. Adults only.	driffield.funeralcare@coop.co.uk	Free
Macmillan	If you or a member of your family is affected by cancer, the Macmillan Information and Support Service can offer you free and confidential information and support in a relaxed and comfortable environment. Whether you have questions about prevention, have just been diagnosed or are living with and beyond cancer we are here to help. There is also access to counselling, benefits advice, self-help and support, practical support and courses and workshops.	nlg-tr.MacmillanInfoandSupport@nhs.net	Free
Marie Curie	The Marie Curie Bereavement Service is for people who might want to have ongoing support, from the same bereavement volunteer, over the phone. You can access up to six telephone sessions of 45 minutes.	0800 090 2309	Free
Winston's Wish	Wide range of support for children, young people, adults and professionals.	https://www.winstonswish.org/	Free
Fit Mums - Together in Grief	Together in Grief – The Forest Project is an innovative programme of support for children and young people who are experiencing bereavement. The project offers them the opportunity to participate in forest activities such as den building, camp fire cooking, tool making, tree climbing, forest games and rope work. They also explore literature to help them understand and express their loss and grief. Grief discussions and support are carefully interwoven into the programme. 4 week programme on a Saturday.	Together in Grief - The Forest Project (google.com)	Free
Time to Listen	Time to Listen, is a 'not for profit' organisation, which provides counselling and therapeutic services to Hull and the surrounding area. The service specialises in supporting children, young people and families with their emotional and mental health, offering early intervention to enable, maintain and improve wellbeing and life opportunities.	Contact Time to Listen	Grant-funded - must meet certain criteria