



Day by Day Helpline
0844 477 9400

Open Monday to Friday
9.30am to 5pm
or email us at:
helpline@cruse.org.uk

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides support and offers information and advice, and provides education and training services.

Cruse is the leading charity in the U.K. specialising in bereavement with, currently, 138 branches and over 5,500 volunteers in England, Wales and Northern Ireland.

There is a wide range of leaflets and books available, and services are free to bereaved people thanks to the generosity of individuals and grant-making bodies. Donations are always welcome.

For more information please see the website:
www.cruse.org.uk