

## Heywood, Middleton & Rochdale CCG – Bereavement services

April 2020

Provider	Bereavement offer	Contact details
Thinking Ahead	Thinking Ahead is for people over the age of 18 living in Heywood, Middleton or Rochdale. Thinking Ahead (Rochdale) can help people who are feeling distressed by difficult events in their lives as well as people with a mental health problem. Life changing events like the loss of a loved one can lead to difficult feelings that can be hard to cope with. Thinking Ahead offer easy access to a range of proven therapies, including counselling, cognitive behavioural therapy, or guided online therapy.	People can self-refer into the service either by phoning 01706 751180 or completing the online referral form through the website <a href="https://www.selfhelpservices.org.uk/service/thinking-ahead/">https://www.selfhelpservices.org.uk/service/thinking-ahead/</a>
Springhill Hospice	Springhill Hospice Bereavement Support Services offer a range of flexible support to meet individual needs and grief processes. The bereavement service is for those over the age of 18 who are experiencing difficulty in their grieving process and/or who are struggling with specific issues around the death of their loved one. As grief and bereavement are normal human reactions to loss, the service doesn't usually accept referrals until three months after bereavement.	See the website for further information <a href="http://www.springhill.org.uk">www.springhill.org.uk</a>  Telephone 01706 649920 or 01706 644943  Referrals are accepted from GPs
#Thrive	Bereavement support for children and young people aged 0-19 years and their families	Telephone - 0161 716 2844  Website - <a href="http://healthyyoungmindspennine.nhs.uk/">healthyyoungmindspennine.nhs.uk/</a>
Gaddum Centre	Paediatric Palliative Care Service providing a needs-led therapeutic service for families in Rochdale where there is a child with a life limiting or life threatening illness, or any time after a child has died in this way. The service is available for the family around the child,	Our telephone number is unchanged; 0161 834 6069. (option 1; advocacy, option 2; carers support; option 3, therapy services).

	including siblings, parents, carers, extended family and friends and will work with whole family or individual members. The service is aligned to the Children's Acute and Ongoing Needs Service.	Our opening hours are still 9am-5.30pm, Monday-Friday. Our email address is <a href="mailto:info@gaddum.org.uk">info@gaddum.org.uk</a> and website is as <a href="http://www.gaddum.org.uk">www.gaddum.org.uk</a>
Kooth	Kooth's (online counselling) offer includes bereavement support for young people up to age 25	<a href="https://www.kooth.com">https://www.kooth.com</a>