



Birmingham and Solihull
Clinical Commissioning Group



Birmingham and Solihull bereavement support

Losing someone close to you can be very confusing, traumatic and isolating.

Are you:

- Unable to grieve in the way you would expect to due to the restrictions of Coronavirus/COVID-19?
- Feeling cut off from your usual support network?
- Struggling with bereavement and grief?

There is now support available for you, in a simple to access place.

The support is available for people of all ages within Birmingham and Solihull.

Call: 0121 687 8010

Email: support@crusebirmingham.co.uk

Opening Hours:

Monday, Wednesday, Friday : **9.00 am - 5.00 pm**

Tuesday, Thursday: **9.00 am - 8.00 pm**

Saturday and Sunday: **12.00 pm - 5.00 pm** (From 1st June 20)



The service incorporates specialist support to people working on the front-line and in key worker roles, black and minority ethnic communities, children and young people, and anyone affected by suicide.

Additional Resources

National Cruse helpline: 0808 808 1677

In addition to the helpline there is a range of helpful advice available at <https://www.cruse.org.uk/get-help>

Listen to the audio presentation, " Understanding your Bereavement" <https://vimeo.com/402890026/0d45d72d69>