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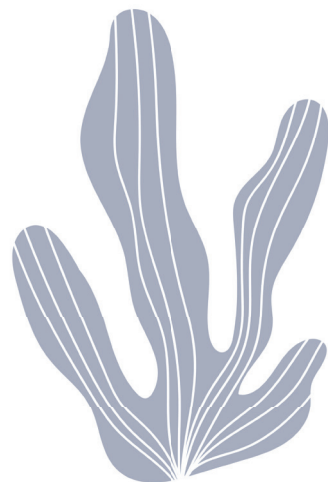
Grief Pack





Included with care...

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We're sorry...

We are deeply sorry for your loss. We understand that grief can be an incredibly overwhelming and complex journey, and there is no right or wrong way to feel during this time.

This pack has been thoughtfully created by our team to offer a bit of comfort and support. Inside, you will find resources to help you navigate your grief.

Please remember, it's okay to ask for help and to lean on others when you need it. You don't have to face this alone. Please reach out for support.

With compassion and care,
Release Ayrshire



What is grief?



Grief is a natural and deeply personal response to loss. It encompasses the wide range of emotions and reactions that we may feel when someone or something important to us is no longer present in our lives. It can manifest as sadness, anger, confusion, numbness, or even relief — sometimes all at once or shifting from moment to moment.

Grief is not just a feeling; it is a journey that we each experience in our own way and in our own time. It is our mind and body's way of processing loss, helping us adjust to a new reality without the person or thing we cherished. Grief is not linear and does not follow a set timeline; it ebbs and flows, sometimes unexpectedly.

Though grief can be painful, it is also an expression of the love, memories, and connections we hold dear. It is a sign of the value that someone or something had in our lives. While the experience of grief is different for everyone, it is a shared human experience that connects us all. It reminds us that we are capable of deep love and, ultimately, of healing.

If you are grieving, know that what you are feeling is valid. Take the time you need and remember that you are not alone.

“Take the time you need and remember that you are not alone.”

Why do we grieve?

Grief is a natural response to losing someone or something we deeply care about. It's a reflection of the love, connection, and significance that person or thing held in our lives. When we grieve, it is because we have experienced a loss that matters profoundly to us.

Grieving is not a sign of weakness, nor is it something to be 'fixed.' It is a normal and necessary process that allows us to come to terms with our loss, honour our emotions, and begin to heal. While grief may feel overwhelming, it is also a testament to the deep bonds we share and the memories that remain with us. There is no right or wrong way to grieve, and everyone's journey through it

is unique. It's okay to feel sadness, anger, confusion, or even moments of peace. All these feelings are valid. What matters most is allowing yourself to feel them, at your own pace, and seeking support when needed.

Remember, grief is a part of love. And though it may change us, it does not define us. We grieve because we have loved, and in time, love helps us find our way forward again.

There are several well-known theories of grief that offer different perspectives on how people experience and process loss. These theories help to understand the emotional, psychological, and behavioural aspects of grief.



The Six R Processes of Mourning

Grief doesn't follow a one-size-fits-all approach. Everyone experiences it differently, and there's no set timeline or pattern. What follows are some of the thoughts and feelings that might come up during the grieving process.



RECOGNISE THE LOSS

Acknowledging the reality and impact of the loss.



REACT TO THE SEPARATION

Allowing yourself to feel and express the emotions associated with the loss.



RECOLLECT & RE-EXPERIENCE

Remembering and reflecting on the relationship with the deceased.



RELINQUISH ATTACHMENTS

Letting go of the old attachments and adjusting to a new life without the deceased.



READJUST TO THE WORLD

Adapting to new roles, environments and ways of relating.



REINVEST IN LIFE

Finding new meaning, purpose and connections after the loss.

Tips to help you navigate your grief

Acknowledge Your Feelings

It's okay to feel a range of emotions—sadness, anger, guilt, relief, or even numbness. Accept that these feelings are normal and valid, and don't judge yourself for how you feel.

Understand the Range of Emotions

Grief can bring a complex mix of emotions—sometimes all at once. You might feel:

Sadness: A deep sense of loss, emptiness, or longing.

Anger: Frustration or anger at the situation, at others, or even at the person who is gone.

Guilt: Regret about things left unsaid or undone, or feeling responsible for what happened.

Anxiety or Fear: Worry about the future, feeling uncertain or insecure.

Relief: Especially if the person you lost was suffering, relief can be a common but often confusing feeling.

Numbness: A lack of feeling or detachment, which is your mind's way of protecting itself from overwhelming pain.

It's important to recognise that these feelings are natural responses to loss. There's no "right" way to feel.

Allow Yourself to Feel Without Judgement

When you experience these emotions, try not to judge them as "good" or "bad." Instead, accept them as they come. For example, if you feel angry, don't tell yourself that you "shouldn't" feel that way. Instead, acknowledge that the anger is there and try to understand where it's coming from.

Express Your Emotions

Finding a way to express your feelings can help to acknowledge them:

Talk to Someone: Share your feelings with a trusted friend, family member, or therapist. Sometimes saying things out loud helps make them more real and easier to manage.

Journal: Writing down your thoughts and emotions can be a powerful way to get them out. You don't have to worry about grammar, spelling, or making any sense—just let your feelings flow onto the page.

Artistic Expression: Draw, paint, make music, or engage in any creative activity that feels right. Artistic expression can sometimes capture complex emotions in a way words can't.

Identify Triggers and Patterns

Pay attention to what triggers certain emotions. Are there specific memories, places, or situations that bring up particular feelings? Understanding these triggers can help you anticipate emotional responses and find ways to cope when they arise.

Practice Self-Compassion

Be kind to yourself. Remind yourself that it's okay to feel whatever you're feeling, and it's okay to not have everything figured out. Grief is messy and unpredictable. Practice self-talk that is gentle and understanding, as you would speak to a friend going through the same thing.

Accept That Grief Is Non-Linear

Emotions can come in waves and often feel like they're coming out of nowhere. You might feel okay one moment and overwhelmed the next. This is normal. Allow yourself to flow with these changes without trying to control or suppress them.

Use Grounding Techniques

If you feel overwhelmed by emotions, try grounding techniques to stay present. This might include deep breathing, focusing on your senses (what you can see, hear, touch, smell, taste), or doing something tactile like holding an object, using a stress ball, or touching something with a comforting texture.

Recognise the Importance of Feeling

Acknowledging your emotions allows you to work through them rather than get stuck in them. Suppressing emotions often leads to a buildup of unprocessed grief that can manifest later as physical symptoms (like headaches or fatigue) or psychological symptoms (like depression and anxiety).

Give Yourself Permission to Grieve

Sometimes people feel like they need to "be strong" or "move on" quickly, either for themselves or others. But grieving is not a sign of weakness; it's a healthy, necessary response to loss. Allow yourself to cry, feel pain, or experience whatever emotions come up without feeling pressured to "get over it."

Embrace the Healing Power of Acceptance

By acknowledging and accepting your feelings, you're giving yourself permission to heal. You're saying, "It's okay not to be okay", and this self-acceptance can be the first step towards finding peace.



Practical exercises to help acknowledge your feelings



Name the Feeling

When an emotion arises, take a moment to identify it. Say to yourself, "I am feeling [emotion] right now." Naming the feeling can help to reduce its intensity and make it more manageable.



Body Scan

Close your eyes and focus on different parts of your body. Notice where you feel tension or discomfort. This can help you locate where you're holding grief in your body, which can be an entry point for acknowledging and releasing those feelings.



Emotional Check-In

Set aside a few moments each day to check in with yourself. Ask, "How am I feeling today?" or "What do I need right now?" This practice can build self-awareness and help you stay connected to your emotions.

Practical exercises to help with your grief



Write Letters to Your Loved One

What to Do: Write a letter to the person you lost. You can express anything you wish you had said to them, recount memories, or talk about your current feelings. If there are unresolved issues, write about those too.

Why It Helps: This can help you feel connected to your loved one, express emotions that feel stuck, and even gain some closure by saying things you never had the chance to say.



Grief Journaling Prompts

What to Do: Use specific prompts to guide your journaling. Here are a few to try: “Today, I feel... because...”

- “What I miss most about them is...”
- “A memory I cherish is...”
- “If I could talk to them right now, I would say...”
- “Something I’m finding hard to cope with is...”

Why It Helps: Writing with a specific prompt can help you explore your emotions more deeply and structure your thoughts when your mind feels scattered.



Memory Box or Memory Wall

What to Do: Create a memory box filled with items that remind you of your loved one—like photos, letters, small objects, or mementos. Alternatively, create a memory wall with photos and notes.

Why It Helps: Having a physical space dedicated to memories can provide a tangible way to honour your loved one and offer comfort when you’re feeling lost.



Physical Activity as a Release

What to Do: Engage in physical activities that you find soothing or enjoyable, like walking, yoga, running, dancing, or even gardening.

Why It Helps: Physical activity releases endorphins, which can help improve mood and reduce feelings of sadness or anxiety. It can also serve as a way to channel intense emotions and clear your mind.

Mindful Breathing Exercises

- Inhale for 4 seconds
- Hold for 7 seconds
- Exhale for 8 seconds.

Repeat several times until you feel more grounded.

Why It Helps: Deep breathing helps calm the nervous system, reduces stress, and brings you back to the present moment when grief feels overwhelming.





Create a Grief Playlist

What to Do: Make a playlist of songs that express your emotions, remind you of your loved one, or bring you comfort. You might have separate playlists for different moods (e.g., sad, uplifting, reflective).

Why It Helps: Music can be a powerful tool for processing emotions, providing both comfort and a way to express feelings that are difficult to put into words.



Guided Meditation for Grief

What to Do: Listen to guided meditations specifically designed for grief. There are many free resources online, such as apps or YouTube channels.

Why It Helps: Guided meditation can help calm the mind, provide a sense of inner peace, and offer new perspectives on your emotions and experiences.



Create Art or Craft Projects

What to Do: Use art as a form of expression. This could be drawing, painting, sculpting, or any other medium that appeals to you. You might create a piece inspired by your loved one or your feelings.

Why It Helps: Art can be a non-verbal way to process complex emotions, providing an outlet for expressing what words cannot.

Establish a Daily Ritual of Remembrance

What to Do: Create a small daily ritual that honours your loved one. This could be lighting a candle, saying a prayer, setting aside a few moments to reflect on a memory, or even enjoying a cup of tea or coffee in their honour.

Why It Helps: Rituals provide structure, comfort, and a sense of connection to your loved one, helping you feel their presence in your daily life.

Practice Gratitude Amidst Grief

What to Do: Keep a gratitude journal where you write down a few things you're grateful for each day, even small moments or things.

Why It Helps: While grief can be overwhelming, practicing gratitude helps balance emotions and encourages you to find moments of light, even in dark times.

Connect with Nature

What to Do: Spend time outdoors in a place that brings you peace, like a park, forest, beach, or garden. Focus on your surroundings—notice the sounds, sights, and smells. Take a walk, sit quietly, or even bring a journal.

Why It Helps: Nature has a calming effect on the mind and body and can help you feel grounded and connected to something larger than yourself.





Engage in Acts of Kindness

What to Do: Perform small acts of kindness in memory of your loved one—such as volunteering, helping a friend, or donating to a cause they cared about.

Why It Helps: Giving back can create a sense of purpose and help you feel connected to your loved one's values and legacy.



Create a Vision Board for Healing

What to Do: Create a vision board with images, quotes, and symbols that represent healing, peace, and hope. Include things that inspire you or reflect your loved one's spirit.

Why It Helps: This can be a visual reminder of the possibility of healing and growth, even through loss.





Talk to Your Loved One Out Loud

What to Do: Find a quiet space and speak to your loved one as if they are there with you. Share what's on your mind, how you're feeling, or even mundane daily happenings.

Why It Helps: This can provide a sense of connection and can help release emotions that feel stuck.



Set Small, Achievable Goals

What to Do: Set small, daily goals to give yourself a sense of purpose and accomplishment. These can be as simple as "I will go for a 10-minute walk" or "I will prepare a healthy meal."

Why It Helps: Small goals can help you regain a sense of control and normalcy, which can feel comforting during times of uncertainty.



Join a Grief Support Group

What to Do: Find a local or online grief support group where you can share your experiences with others who understand what you're going through.

Why It Helps: Sharing your story and hearing others' can reduce feelings of isolation, provide comfort, and offer new insights and coping strategies.





Read Books on Grief

What to Do: Find books or resources about grief and loss that resonate with you. Some people find comfort in reading about others' experiences or in finding language to articulate their feelings.

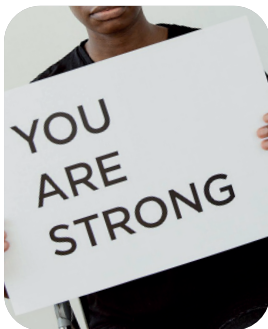
Why It Helps: Reading about grief can provide validation, comfort, and new perspectives on the grieving process.



Create a Comforting Space

What to Do: Designate a small area in your home as a "comfort corner" where you can go to sit quietly, meditate, read, or simply rest. Fill it with calming elements like soft blankets, candles, plants, or meaningful objects.

Why It Helps: Having a dedicated space for reflection and comfort can help you feel safe and supported when emotions are particularly strong.



Use Affirmations

What to Do: Develop a list of affirmations that resonate with your experience, such as "I am allowed to feel this way," "I am healing at my own pace," or "I carry my loved one in my heart." Repeat them daily or when you need reassurance.

Why It Helps: Positive affirmations can help counter negative self-talk and reinforce a compassionate approach to your grief.

Remember:
The right exercise for you is the one that feels most comforting and meaningful.

Trouble with sleeping

Struggling to sleep after a loss is very common, as grief can disrupt normal sleep patterns and lead to insomnia or restless nights. Here are some practical tips that might help someone dealing with grief-related sleep difficulties:

Create a Calming Bedtime Routine

What to Do: Establish a consistent routine before bed to help signal to your body that it's time to wind down. This could include activities like taking a warm bath, reading a calming book, listening to soothing music, or practicing deep breathing exercises.

Why It Helps: A regular routine can help train your body and mind to recognise when it's time to sleep, making it easier to relax and fall asleep.

Set Up a Sleep-Friendly Environment

What to Do: Make your bedroom as comfortable and conducive to sleep as possible. Keep the room dark, quiet, and cool. Use blackout curtains, earplugs, or white noise machines if needed.

Why It Helps: A comfortable sleep environment can reduce distractions and help you stay asleep throughout the night.

Limit Exposure to Screens Before Bed

What to Do: Avoid screens (like phones, tablets, and TVs) for at least an hour before bed. The blue light emitted by these devices can interfere with your body's production of melatonin, the hormone that regulates sleep.

Why It Helps: Reducing screen time helps signal to your brain that it's time to wind down, making it easier to fall asleep.





Practice Relaxation Techniques

What to Do: Use relaxation techniques like progressive muscle relaxation, guided imagery, or mindfulness meditation before bed. Apps or online videos can guide you through these exercises.

Why It Helps: These techniques can help calm the nervous system, reduce anxiety, and ease you into a more relaxed state conducive to sleep.

Keep a Grief Journal or “Worry Time”

What to Do: Set aside 10-15 minutes earlier in the evening to write down your thoughts, worries, or emotions in a journal. If you find yourself worrying in bed, remind yourself that you have already set aside time for those thoughts and can revisit them the next day.

Why It Helps: This practice can help you process emotions and reduce rumination at bedtime, making it easier to relax and fall asleep.

Try Grounding Exercises

What to Do: Practice grounding techniques such as the “5-4-3-2-1” method: identify five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. This can help redirect your mind from racing thoughts.

Why It Helps: Grounding exercises bring your attention to the present moment and help calm anxiety or intrusive thoughts.

Use Breathing Techniques

What to Do: Practice breathing exercises like the 4-7-8 technique (inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds) or deep belly breathing. Repeat several times until you feel calmer.

Why It Helps: Deep breathing can slow your heart rate and reduce anxiety, making it easier to fall asleep.

Get Out of Bed if You Can't Sleep

What to Do: If you can't fall asleep after 20-30 minutes, get out of bed and do a quiet, non-stimulating activity (like reading or listening to soft music) in another room. Return to bed only when you feel sleepy.

Why It Helps: This helps prevent your brain from associating the bed with wakefulness or frustration, which can worsen insomnia.

Avoid Stimulants Before Bed

What to Do: Avoid caffeine, nicotine, and alcohol for at least a few hours before bedtime. Caffeine and nicotine are stimulants, and while alcohol may make you feel sleepy initially, it can disrupt sleep quality later in the night.

Why It Helps: Reducing stimulants can help your body naturally wind down and maintain restful sleep.

Engage in Regular Physical Activity

What to Do: Include moderate exercise, like walking, swimming, or yoga, in your daily routine. Aim to complete any vigorous exercise at least a few hours before bed.

Why It Helps: Regular physical activity can help reduce anxiety, improve mood, and promote better sleep patterns.

Consider Aromatherapy

What to Do: Use calming scents like lavender, chamomile, or sandalwood in your bedroom. You can use essential oils, a diffuser, or scented candles (if safe to do so).

Why It Helps: Certain scents have been shown to promote relaxation and improve sleep quality.



Seek Comfort from Familiar Objects

What to Do: Surround yourself with comforting objects, like a favourite blanket, a piece of clothing belonging to your loved one, or a cherished photograph. These items can provide a sense of safety and comfort.

Why It Helps: Familiar objects can create a feeling of security and emotional comfort, helping ease anxiety or sadness that might disrupt sleep.

Limit Napping During the Day

What to Do: If you feel the need to nap, keep it to a short duration (20-30 minutes) and try to nap earlier in the day.

Why It Helps: Limiting naps helps ensure that you are tired enough to fall asleep at night and doesn't interfere with your regular sleep cycle.

Practice Self-Compassion

What to Do: Remind yourself that it's normal to have difficulty sleeping when grieving, and be kind to yourself if you have a restless night. Avoid self-criticism or frustration over sleep problems.

Why It Helps: Self-compassion reduces stress and anxiety, which can improve your ability to fall asleep and stay asleep.

Consider Professional Help

What to Do: If sleep difficulties persist, consider talking to a doctor or a mental health professional who can help you understand the underlying causes and develop a plan to improve sleep. Cognitive-behavioral therapy for insomnia (CBT-I) is particularly effective.

Why It Helps: Professional guidance can provide targeted strategies and support, especially if sleep issues are severe or ongoing.



Try Herbal Teas or Natural Remedies

What to Do: Consider drinking a cup of herbal tea before bed (like chamomile, valerian root, or passionflower) or taking a natural supplement like melatonin, after consulting with a healthcare provider.

Why It Helps: Herbal teas can promote relaxation, and melatonin can help regulate your sleep cycle.

Connect with a Grief Support Group or Therapist

What to Do: Sometimes, talking through your grief in a safe, supportive environment can help ease emotional pain that keeps you awake. Look for local support groups or seek out a therapist specialising in grief.

Why It Helps: Processing emotions and receiving support can reduce anxiety and intrusive thoughts, improving sleep over time.



Living with grief



Coping with death is vital to your mental health. It is only natural to experience grief when a loved one dies. The best thing you can do is allow yourself to grieve. There are many ways to cope effectively with your pain.

Seek out caring people

Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar losses.

Express your feelings

Tell others how you are feeling; it will help you to work through the grieving process.

Take care of your health

Be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief.

Accept that life is for the living

It takes effort to begin to live again in the present and not dwell on the past.

Postpone major life changes

Try to hold off on making any major changes, such as moving, remarrying, changing jobs or having another child. You should give yourself time to adjust to your loss.

Be patient

It can take months or even years to absorb a major loss and accept your changed life.

Seek outside help when necessary

If your grief seems like it is too much to bear, seek professional assistance to help work through your grief. It's a sign of strength, not weakness, to seek help.

Remember, with support, patience and effort, you will survive grief. Some day the pain will lessen, leaving you with cherished memories of your loved one.

Support Groups in Ayrshire

In Ayrshire, there are several support groups and services available to help people coping with grief. These groups provide a safe space to share experiences, connect with others going through similar situations, and receive professional support.

Ayrshire Bereavement Support

A local charity offering one-on-one counselling and support for those grieving the loss of a loved one. They provide compassionate listening and guidance to help people navigate their grief. **Reach out to them via local community centres, GPs, or online.**

The Ayrshire Hospice – Bereavement Support

Visit ayrshirehospice.org

The Ayrshire Hospice offers bereavement support services, including counselling and group sessions, for anyone who has lost a loved one, regardless of whether the deceased received hospice care. They provide specialised support for families, children, and young adults.

Macmillan Cancer Support

**Visit macmillan.org.uk or
call 0808 808 00 00**

Providing grief support for people who have lost someone to cancer. They offer emotional support, counselling, and practical advice for individuals and families.



Penumbra Suicide Bereavement Support (Ayrshire and Highland)

Call 0800 471 4768 or email suicidebereavementsupport@nhs.scot

Emotional and practical support for families and individuals aged 16+ who have lost a loved one to suicide.

Beautiful Inside & Out

Email beautifulinsideandoutscio@gmail.com or visit on Facebook

Supporting bereaved families of suicide victims.

No-One Dies Alone Ayrshire

Call 07858 151969 or email noonediesaloneayrshire@gmail.com

Providing emotional support and befriending services for anyone who is dying or dealing with end of life issues. They also have a peer-led bereavement support group which meets every two weeks.

Touched by Suicide Scotland

Call 01294 274273 or email touchedbysuicidescotland@hotmail.co.uk

Self-help support for those bereaved by the suicide of a close friend or relative. Support meetings currently being held online.

Ayrshire Cancer Support

**Call: 01563 538008
Helpline: 0800 254 5580
Email: admin@ayrshirecs.org**

Ayrshire Cancer Support provides practical help and emotional support to people in Ayrshire affected by cancer. Whether you've been diagnosed with cancer, are having treatment, caring for someone with cancer, or are bereaved through cancer, we can help.

Hope Wellbeing

Call 07984 885 345 or email donnamariehopewellbeingcentre@gmail.com

Offering support to anyone struggling emotionally as a result of bereavement, grief or loss. **The charity also holds a weekly 'Bereavement Café'.**

Finding a Local Group or Service

NHS Ayrshire and Arran: The local NHS trust may have additional resources or referrals for grief support services. Contacting your GP is a good step to get directed to appropriate local services.

Local Councils (North, South, East Ayrshire): Local council websites often list available community services, including grief support groups and bereavement services.

Faith

Grief can feel isolating, but local faith services can offer a source of comfort and connection. Many local communities have places of worship or support groups that provide a listening ear, spiritual guidance, and a sense of belonging during difficult times. Leaning into your faith community can help you find solace, share your feelings, and heal together.

Hope Wellbeing Centre Ayrshire

Visit hopewellbeingayrshire.org or contact their helpline on 07984885345

HOPE Wellbeing (SCIO) is a non-profit Christian charity based in Ayr, dedicated to supporting the emotional and social wellbeing of the South Ayrshire community. It's team of trained listeners, befrienders, and mental health practitioners who provide a safe and welcoming space for individuals facing bereavement, loneliness, or emotional challenges. Open to all, the charity offers guidance, connections to resources, and a compassionate, faith-driven approach to wellbeing.

Bereavement Support at Local Places of Worship or Community Centres

Many local places of worship and community centres in Ayrshire offer bereavement support groups or sessions. They often provide informal support and fellowship for people dealing with loss. **Check with local places of worship or community centres in towns such as Ayr, Kilmarnock, and Irvine for specific programs.**

National Helplines for Grief Support

AtALoss.org

The UK's most comprehensive hub of services and information for bereaved people. You can easily find bereavement services appropriate to your loss wherever you live, practical information and helpful resources to help you on your bereavement journey and a live-chat service offering professional counselling support.

Scottish Families Affected by Alcohol & Drugs

Call 08080 10 10 11 or email helpline@sfad.org.uk

Advice, information and counselling for anyone who has lost a loved one with addictions.

Sue Ryder Online Bereavement Counselling

Visit sueryder.org

Free, short-term support for anyone aged 18+ grieving for a loved one.

Good Life, Good Death, Good Grief

Call 0131 272 2735

Brings together people and organisations that are interested in improving people's experiences of death, dying and bereavement in Scotland. Particularly focused on enabling communities and individuals to support each other through the hard times that come with death, dying and bereavement.



Brake

Call 0808 8000 401 or email help@brake.org.uk

Here to support people bereaved and seriously injured by road crashes. Confidential, freephone helpline.

Petal Support

Call 01698 324502 or email info@petalsupport.com

Providing counselling across Scotland for those affected by the loss of a family member or partner to homicide, suicide, or COVID-19 bereavement.

Let's Talk About Loss

Visit letstalkaboutloss.org or email online@letstalkaboutloss.org

A supportive space for 18–35 year olds to talk openly about grief, with meet-ups across the UK that help break the silence around losing someone at a young age.

Cruse Bereavement Care Scotland

Call 0808 802 6161 or email west@crusescotland.org.uk

Telephone/video support available. Freephone helpline offers support and a listening ear.

Child & Baby Loss Support Lines

The Compassionate Friends (TCF)

Visit tcf.org.uk or call 0345 123 2304

A support network for bereaved parents, siblings, and grandparents who have lost a child or young person. TCF offers peer support, local meet-ups, and online resources.

Ayrshire Baby Loss Support

Call 01563 825402 or email support@ayrshirebabyloss.org

Offering support to anyone affected by the loss of a baby at any stage. Services include regular support meetings and telephone or email support from befrienders.

Child Bereavement UK Helpline

Call 0800 02 888 40 or email helpline@childbereavementuk.org

Mon-Fri, 9am-5pm

Supporting families and professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Child Death Helpline

Call 0800 282 986 or email contact@childdeathhelpline.org

Offering emotional support to all those affected by the death of a child, of any age under any circumstances and however recent or long ago.

Tommy's Baby Charity

Call 0800 0147 800 or email midwife@tommys.org

The helpline is for **anyone, dad's & partners included**, who have experienced any type of pregnancy loss, including miscarriage, stillbirth, ectopic pregnancy, molar pregnancy or termination for medical reasons.

The Lullaby Trust

Call 0808 802 6868 or email support@lullabytrust.org.uk

Offering a supportive and confidential space for anyone affected by the sudden or unexpected death of a baby or young child. They are with you in your grief, however you need them.

Child & Baby Loss Continued...

Sands

Call 0808 164 3332 or email helpline@sands.org.uk

Providing a safe, confidential place for anyone who has been affected by the death of a baby. Whether your baby died long ago or recently.

Aching Arms

Visit achingarms.co.uk, call 07464 508994 or email support@achingarms.co.uk

Offering direct support to parents via their Supporting Arms support service, a telephone and email support service which is run by bereaved parents. A chance to talk to someone who has an understanding of what they're going through and helps them feel they're not alone.

Baby Loss Retreat

Visit babylossretreat.org.uk, email info@babylossretreat.org.uk or call 0141 248 4200

Baby Loss Retreat provides support for families affected by baby loss through counselling, music therapy, support groups, and expert talks, helping each person find the support that's right for them.

CHAS Bereavement Support

Visit chas.org.uk

Offering a variety of events to help bereaved families connect, including remembrance days, walks, family gatherings, and sibling-focused activities, with ongoing updates shared on our website and private Facebook group. They also offer one-to-one or group support and can help you find other services suited to your needs.

Bereavement Support for Kids

Winston's Wish

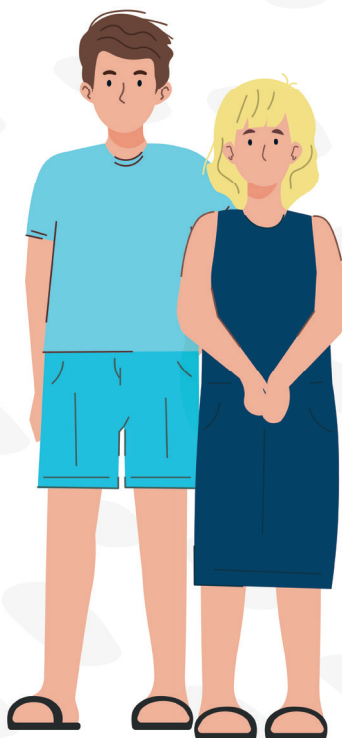
Call 08088 020 021 or email ask@winstonswish.org

Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

Hope Again

Visit hopeagain.org.uk

A safe space for young people to share, learn, and find support in coping with grief and feeling less alone.



Pet Bereavement Support

Blue Cross Pet Loss Support

Call 0800 096 6606 or visit bluecross.org.uk

There to help you cope with the loss of a pet, either through death, enforced separation or theft. With a free and confidential helpline, webchat, email and Facebook group, you can find support when and where you need it.

The Scottish Pet Bereavement Counselling Service

Visit thescottishpetbereavementcounsellingservice.com

A holistic approach to the grieving process. Offering you a safe space to share how you are feeling and, if you want, get practical advice on healthy coping mechanisms, how to build resilience and how to improve your mental and emotional wellbeing.

Further Support

ALISS

Call 0141 404 0231 or visit aliss.org

Connecting you to your community. Find services, groups and activities for health and wellbeing across Scotland.

East Ayrshire Wellbeing Directory

Visit east-ayrshire.gov.uk/SocialCareAndHealth/Wellbeing/Help-and-support/Support-directory.aspx

This Directory can signpost you to a variety of supports that are available; from hints and tips on managing your mental wellbeing throughout this challenging time, to specific support organisations who are still there to help you with whatever you need.

Remember, you are not alone...

Grief is personal, with no right or wrong way to feel. This booklet offers gentle support, helpful ideas, and quiet reassurance—take what you need, in your own time.





RELEASE **#chatitout**

Registered Charity Number: SC051648

releaseayrshire.co.uk

Find us on socials  

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