**Useful Information for Patients Carers and Relatives**

**Bereavement counselling**

* NHS UPLIFT service. Tel 08000321411 (Freephone) or 02035134044 (charged at network rate). Lines open 9am to 6pm. Or complete on line self-referral form at [www.suttonuplift.co.uk](http://www.suttonuplift.co.uk)
* Voluntary sector counselling (with a small charge). Sutton counselling tel 02086617869 or [www.suttoncounselling.co.uk](http://www.suttoncounselling.co.uk)

**Bereavement support**

* Dealing with the needs of children in the family <http://www.cruse.org.uk/Children>
* General support <http://www.crusebereavementcare.org.uk/>

**Also contact the out of hours service when the surgery is closed by dialing 111**.

**Caring for someone who is seriously ill or dying at home, leaflet available as per the link below**

<http://www.straphaels.org.uk/Our_Caring_Services/PDF/SWLCN%20Caring%20Sr%20someone3_07.pdf>

**What to do after a death at home, leaflet available as per the link below**

<http://www.straphaels.org.uk/Our_Caring_Services/PDF/WHAT%20TO%20DO%20AFTER%20A%20DEATH%20AT%20HOME%202015%20FINAL.pdf>