



# Cruse Scotland

## Bereavement Support

We're Cruse Scotland and we're here to help people understand, process and navigate their grief following the death of a loved one.

No matter the relationship or when the death happened, we offer support in many ways, including; a freephone Helpline, Grief Chat (online text based chat), one-to-one counselling (telephone, online or in person), support groups, specialist support for children and young people, and more.

We're here for everyone across Scotland and can assist those with learning disabilities and whose first language isn't English, inc. BSL.



Freephone Helpline

**0808 802 6161**

Monday to Friday 9am - 8pm, weekends 10am - 2pm.



Grief Chat & Self Help Content

**[crusescotland.org.uk](https://crusescotland.org.uk)**



Email

**[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)**