

GOOD GRIEF HASTINGS

A FESTIVAL OF
LOVE + LOSS
22-25 MAY 2026



CONTACTS AND RESOURCES

Thinking about bereavement, loss and serious illness can bring up painful feelings or memories. If you are finding things difficult, many organisations and charities are ready to support you. The contact details on this list are good places to start.

SUPPORT IF YOU ARE FEELING DISTRESSED:

CALM (Campaign Against Living Miserably) is a suicide prevention charity that provides life-saving services and practical mental health support to anyone who needs it. Staffed by paid, trained professionals. UK-wide helpline: **0800 585858** open 5pm-midnight. www.thecalmzone.net @thecalmzone on social media.

Health In Mind is a free NHS Talking Therapies Service for anyone in East Sussex experiencing stress, anxiety, depression, emotional distress or psychological difficulties. Online self-referral process. Tel: **020 8519 2122 / 0300 0030 130** open 9am-5pm Monday to Friday. Email: spnt.healthinmind@nhs.net www.healthinmind.org.uk

Mind provides information on topics including: types of mental health problems, where to get help, medication and alternative treatments, and advocacy. They will look for help and support in your area. www.mind.org.uk and www.youngminds.org.uk Support line: **0300 102 1234** or Text: **86463**. Email: info@mind.org.uk

National Suicide Prevention Helpline provides supportive listening service for anyone over 18-years-old with thoughts of suicide. Tel: **0800 587 0800** or **0800 6890880**. Open 24/7.

Samaritans is a 24-hour confidential, listening service providing emotional support to anyone in crisis www.samaritans.org Freephone helpline: **116 123** (calls to this helpline number do not appear on phone bills). Email: jo@samaritans.org

Saneline is a helpline for anyone coping with mental illness, including relatives and friends. Tel: **0300 304 7000** open every day 4.30pm-10.30pm. Email: support@sane.org.uk

SHOUT crisis text line is a confidential, anonymous text support service. Open 24/7. Text 'SHOUT' to **85258**. Under 19? Text 'YM' www.giveusashout.org

Sussex Mental Health provides urgent support with your mental health, whether you are experiencing a crisis or supporting someone who is. Helpline: **0300 5000 101** open 9am-5pm Monday to Friday; 24 hours at weekends and bank holidays. www.sussexpartnership.nhs.uk/your-mental-health/getting-help

Sussex Mental Healthline provides listening support, advice, information and signposting to anyone experiencing difficulties with their mental health or concerned with a relative or friend's mental health. Tel: **0800 0309 500**. Open 24/7. Calls limited to 20 minutes, except in cases of extreme distress.

SUPPORT FOR CHILDREN AND YOUNG ADULTS:

Childline is a confidential helpline for children and young people under 19 years old. Tel: **0800 1111** - open 24/7 www.childline.org.uk

Papyrus Hopeline UK offers confidential suicide prevention advice for anyone under 35-years-old who is struggling or concerned about a friend or relative. Tel: **0800 068 41 41** Text: **88247** - open every day 9am-midnight. Email: pat@papyrus-uk.org www.papyrus-uk.org

The Mix provides support and signposting for young people under 25 years old. Tel: **0808 4994** or Text: **85258**. Open every day 4pm-11pm. www.themix.org.uk

Butterflies Therapy is a therapeutic service based in East Sussex working with children, young people and families that have experienced trauma. Unit 3, Oak Passage Chambers High Street, Hastings. Tel: **07804 411 315**. Email: butterfliesenquiries@gmail.com www.butterfliescacs.co.uk

Dragonflies Bereavement Project offers free support to children aged 5-18 years and their families who are experiencing pre- or post-bereavement in Hastings, Rother, Eastbourne and all surrounding areas. Tel: **01424 423683**. www.fsncharity.co.uk/projects/dragonflies-bereavement-project

Eggtooth is a creative mental health and wellbeing charity based in Hastings who support young people (aged 5-25 years) and families in the local community, through creative and therapeutic, trauma and neurodivergent-informed approaches. Tel: **01424 277770**. Email: info@eggtooth.org.uk www.eggtooth.org.uk

The Pelham offers counselling in a safe and confidential environment for young people (aged 11 yrs+), and for adults. Bexhill-on-Sea. Tel: **01424 576 304**. www.thepelham.co.uk

Willow Tree Children's Support provides group and individual support in school settings in rural Rother for children and young people impacted by family illness and bereavement. www.willowtreechildrensupport.com Email: willowtreechildren@gmail.com

You can also contact your **GP practice** for personalised support, resources, and access to local services. Or NHS 111 open 24/7. Tel: **111**. Provides non-emergency help when GP is closed.

LOCAL SUPPORT GROUPS AND COUNSELLING FOR DEALING WITH BEREAVEMENT:

St. Michael's Hospice Bereavement Support Service is an open-access service providing confidential support for anyone aged 18 and over living in Hastings and Rother and coping with loss. It offers: one-to-one bereavement support, therapeutic group support, social and activity peer group support, and opportunities to speak with others who are bereaved. No prior connection to the Hospice is needed. Tel: **01424 356361**. Email: info@stmichaelsospice.com www.stmichaelsospice.com/bereavement-services

Hastings Death Cafe is a place to meet up to share thoughts, questions and conversation about death, dying and life. Last Wednesday of every month 1pm-2.30 pm. Bullet Coffee House, Hastings. www.deathcafe.com

Counselling Plus Hastings offers affordable counselling removing blocks to professional therapy. The service is mainly for residents of Hastings and Rother, but some funding allows support across East Sussex. Tel: **01424 428300**. Email: admin@counsellingplus.org www.counsellingplus.org

Hastings Therapy Centre is a not-for-profit organisation providing counselling, talking therapies and coaching for individuals, couples, young people and local businesses who are seeking mental health support. Tel: **01424 236799**. www.hastingstherapycentre.org.uk

The Hastings and Rother Samaritans provide a 24-hour confidential, listening service to anyone is struggling to cope, or is worried about someone else. St. Andrews Square, Hastings. Tel: **116 123** or **0330 094 5717**. www.samaritans.org/branches/hastings

Hastings and East Sussex SANDS - Stillbirth and Neonatal Death Support offers a safe space for anyone affected by the death of a baby. Email: hastingseastsussexsands@gmail.com Tel: **07493 716124** or **0808 164 3332**.

Bereavement First Aid gives access to free resources, providing guidance and activities to support tender conversations around death, loss and grief. Resources are co-created with local partners: Hollington Primary School, Little Gate and Rainbow Kitchen Magic. Tel: **01424 445177** www.stmichaelshospice.com/bereavement-services/bereavement-first-aid-resources

Compassionate Community workshops are free 2-hour group workshops supporting people across Hastings and Rother to feel more confident and comfortable talking about death and bereavement. Register your interest with Ashley. Email: AMcCormick@stmichaelshospice.com

NATIONAL HELPLINES AND ONLINE SUPPORT FOR DEALING WITH BEREAVEMENT:

Bereaved Parents Together (BPT) is a private Facebook group which offers a safe, warm and supportive space for bereaved parents who have lost a baby, child, adult child or children from any cause or circumstance. Search Facebook for 'Bereaved Parents Together' and request to join or contact Melanie on **07742239043** for more information.

Black Minds Matter provides resources and access to therapy for Black individuals and their families. Online contact form on their website: www.blackmindsmatteruk.com

Cruse Bereavement Support offers support with all kinds of bereavement. Helpline: **0808 808 1677**. CruseChat service available through the website: www.cruse.org.uk Email: helpline@cruse.org.uk

Survivors of Bereavement by Suicide (SOBS) offers support for adults who have been bereaved by suicide. Email: email.support@uksobs.org Tel: **0300 111 5065**. www.uksobs.org

The Child Death Helpline offers support with the death of a child: www.childdeathhelpline.org.uk Tel: **0800 282 986**. Online contact form on their website.

The Good Grief Trust runs online, and in-person support groups called Good Grief Cafés: www.thegoodgrieftrust.org

The New Normal Charity runs a range of online support groups (including 'Queer Good Grief' for people from the LGBTQ+ community; 'Black and Brown Good Grief'; 'Student Good Grief' and more): www.thenewnormalcharity.com. General enquiries Tel: **07865 256 889**. Email: info@thenewnormalcharity.com

WAY (Widowed and Young) offers a peer-to-peer support network for anyone aged 50 or under when their partner died. £30 membership. Tel: **0300 201 0051** open Monday to Friday. www.widowedandyoung.org.uk

SUPPORT FOR CHILDREN AND YOUNG ADULTS (AND THE ADULTS WHO SUPPORT THEM):

Child Bereavement UK offers support with the death of a child, or for a child who has been bereaved: www.childbereavementuk.org. Tel: **0800 0288 840**. Live chat available through their website. Email: support@childbereavementuk.org

HOPEAGAIN is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief and feel less alone: www.hopeagain.org.uk Tel: **0808 808 1677**. Email: helpline@cruse.org.uk

Winston's Wish provides support for a bereaved child and the people who support them: www.winstonswish.org Tel: **08088 020 021**.

WEBSITES THAT PROVIDE BEREAVEMENT-RELATED INFORMATION AND LINKS TO OTHER SERVICES:

The Good Grief Trust is an online portal of UK bereavement services, searchable by type and location: www.thegoodgrieftrust.org

At a Loss is a signposting website to help you find the right bereavement support: www.ataloss.org

Childhood Bereavement Network is an online hub for organisations supporting bereaved children: www.childhoodbereavementnetwork.org.uk

Good Grief Festival offers events and resources related to death, dying and bereavement: www.goodgrieffest.com

Grief Support Guide signposts to a range of resources and is available in ten languages: www.nationalbereavementalliance.org.uk/support

SUPPORT WITH LIVING WITH SERIOUS ILLNESS AND END-OF-LIFE CARE:

Compassion in Dying provides information and resources to help us with preparing and planning for the end of life: www.compassionindying.org.uk

Hospice UK offers information and support at the end of life and in bereavement, including a hospice care finder and the influential 'Dying Matters' campaign which aims to encourage open conversation about death and dying: www.hospiceuk.org

Marie Curie supports those living with or caring for someone living with terminal illness: www.mariecurie.org.uk Tel: **0800 090 2309**. They also have online chat, book a call and befriending call back services available through their website.

St. Michael's Hospice supports and enables the community of Hastings and Rother to live well with dying, death and loss. St Leonards-on-Sea. Tel: **01424 445177**. Email: info@stmichaelshospice.com www.stmichaelshospice.com

What Matters Conversations offers videos and information about having conversations about what is most important to us: www.whatmattersconversations.org

BOOKS, FILMS AND OTHER MEDIA WHICH DEAL WITH TOPICS RELATED TO BEREAVEMENT AND SERIOUS ILLNESS:

Child Bereavement UK has provided lists of books and resources arranged by age and category: www.childbereavementuk.org/pages/category/books-resources

Good Grief Festival has released many clips and full panel discussions onto their YouTube channel, The Grief Channel: www.youtube.com/@griefchannel