

Grief Helplines

01

The Blue Cross

The Blue Cross Pet Bereavement Support Service (PBSS) mission is to provide free and confidential emotional support. The lines are open from 8:30 am to 8:30 pm every day.

 0800 096 6606  www.bluecross.org.uk  pbssmail@bluecross.org.uk

02

Samaritans

Samaritans provide confidential non-judgemental support 24 hours a day for people who are experiencing feelings of distress.

 116 123  www.samaritans.org  jo@samaritans.org

03

Cats Protection

Launched by Cats Protection, paws to listen is a confidential phone line enabling owners to speak to trained volunteers who can offer emotional and practical help in coping with pet loss. The lines are open from 9 am to 5 pm Monday to Friday, excluding bank holidays.


 0800 024 94 94  www.cats.org.uk/grief

04

The British Horse Society

'Friends at the End' is a BHS initiative designed to make sure that no horse owner has to face the loss of their equine companion alone.

 0800 024 94 94


 <http://www.bhs.org.uk/our-work/welfare/our-campaigns/friends-at-the-end>


 <mailto:friendsattheend@bhs.org.uk>

05

The Ralph Site – Pet loss support

The Ralph Site is a not-for-profit online pet bereavement resource. It provides support and useful resources to pet carers around the difficult time of the loss of a beloved companion.

 <https://www.theralphsite.com/>

 <https://www.facebook.com/TheRalphSite/>

06

National Health Service

Mental health and wellbeing

If you're feeling stressed, anxious or depressed, or just want to feel happier.



<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>

07

Young Minds

Fighting for young people's mental health.



<https://youngminds.org.uk/>

08

Further information:



<https://www.cpccares.com/blog/what-support-is-available-for-bereaved-pet-owners/>

09

Further reading:

Fighting for young people's mental health.



<https://www.mayoclinic.org/diseases-conditions/complicated-grief/symptoms-causes/syc-20360374>



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3384440/>