



Local services

[Cruse bereavement support](#)

808 1677

0808

Freephone national helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone effected by bereavement. Cruse also have a service operating in Gwent.

[The Grace service](#)

01633 493863 neu e-bostiwrch: abb.grace@wales.nhs.uk

Offers support emotionally, practically and compassionately, much a like a listening ear. This is a ABUHB service and likely to have short waiting lists.

[National Advisory and Liaison Service \(NALS\)](#)

08000 487742

Free confidential service in Wales for anyone affected by suicide.

[St David's Hospice Care](#)

848368

01633 851051 neu 07510

Giving bereavement support in the Aneurin Bevan area including monthly bereavement coffee mornings.

[Hospice of the Valley's](#)

717277

01495

Family support team helping people in Blaenau Gwent via telephone and providing information and resources , with small group meetings available.

[The Compassionate Friends \(TCF\)](#)

2304

0345 123

National telephone helpline staffed by bereaved parents, available for support and information 365 days a year, for bereaved parents from the loss of a child, any age.

[2wish](#)

01443 853125

Supporting anyone affected by suicide or sudden death of someone aged 25 years and under, and who lives in Wales.

Practical Support

[Bereavement support network](#)

0808 168

9607

Offers advice on the practical matters of when someone dies via their free phone service.

[Bereavement support centre](#)

0800 634

94 94

Free helpline and webpage offering practical information, advice and signposting on the procedures that face us after the death of someone close.