# The Good Grief Trust

The Good Grief Trust are a grief and bereavement charity that specialise in signposting people to appropriate support. As well as signposting, they offer helplines, advice, and encouraging stories. They can signpost you over 1000 UK charities who can support you with grief/bereavement.

Some of the support they signpost to is for:

- People who have lost a child
- People who have lost their partner
- People who have lost a parent or grandparent
- People who have lost a sibling
- People who have lost a friend
- Older people who have lost a friend or loved one
- Young people who have lost a friend or loved one

They also have a collection of videos, articles, and advice containing encouraging stories from people who have lost a friend or love one, but are ready to find a new love/purpose and move on with their lives.

Last updated: September 6, 2024

**Website:** https://www.thegoodgrieftrust.org/

**Email:** hello@thegoodgrieftrust.org

**Twitter:** https://www.twitter.com/goodgrieftrust

**Facebook:** https://www.facebook.com/thegoodgrieftrust

**Cost:** Free

## Related Articles

Bereavement and grief