

Demystifying Death Week

Resources 2026



Bereavement Support

- The Compassionate Friends
- Birth in Grampian- Support for Bereaved Families
- Archie's Child Bereavement Service
- Switchboard- LGBT+ Bereavement Support
- Widowed and Young- Peer Support
- Grampian Child Bereavement Network
- Winston's Wish- Child Bereavement
- ARC Bereavement support
- Cruse Scotland- Bereavement Support
- Child Bereavement UK
- The Scottish Pet Bereavement Counselling Service
- Compassion in Dying
- Richmonds Hope
- Dying Matters- Hospice UK
- Supporting Bereaved Colleagues (GLGDGG)
- SANDS
- Beatson Cancer Charity
- Samaritans
- Survivors of Bereavement by Suicide
- Papyrus- Suicide bereavement Support

Financial and Legal

- Bereavement Support Payment- Scottish Government
- Power of Attorney
- Caledonia Funeral Aid
- Citizens Advice Scotland

Funeral and Practicalities

- NHSG- When someone has died
- Afterloss- What to do when someone dies
- Registering a Death- Scottish Government
- Digital Legacy
- Bereavement Support Network- Stop Mail
- Pushing Up The Daisies- Adviceline
- Organ Donation

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Future Care Planning

- Age Scotland- Lifebook
- Future Care Planning - NHS.inform
- End of Life Aid Skills for Everyone (EASE)

Carer Support

- Marie Curie Support
- VSA Aberdeenshire Carer Service
- Quarriers Virtual Support Centre
- Aberdeen Carer Support Service

Emotional Wellbeing Support

- Good Life, Good Death, Good Grief
- NHS Grampian Hub
- Change Mental Health
- Breathing Space
- COPE Scotland

Books and Reading

- "With the end in mind" Kathryn Mannix
- "We all know how this ends" Anna Lyons and Louise Winter
- "Making informed choices when planning a funeral"- A guide for queer people
- "Coping with the loss of a pet?"- Blue Cross

Film and Audio

- After Life
- A Believer's Guide to... Living with Loss
- True Love
- Love, Faith and Me - Married Sikh and Wanting a Baby
- Good Mourning Podcast
- Without Child- Beyond Belief
- Do Not Resuscitate
- The Dying Matters Podcast
- Advance Care Planning