



**Cruse**  
Bereavement  
Support

# Grief can be overwhelming

Cruse Bereavement Support provides free guidance and help for the bereaved in West Berkshire.

*You're not alone*

SUPPORTING

• CHILDREN • YOUNG PEOPLE • ADULTS

*"My confidant was always so patient and willing to listen to anything I had to say.  
Thank you so much."*

**HELPLINE**

**01635 523573**

**Email: [enquiry@crusewestberks.org](mailto:enquiry@crusewestberks.org)**

For further information and resources visit:

• [cruse.org.uk](http://cruse.org.uk) • [hopeagain.org.uk](http://hopeagain.org.uk)