



Our Facilities

We're proud to launch Growing Around Grief, a new initiative by the National Grief Advice Service. Our Grief Wellbeing Centre in Grantham (The Maltings, Wharf Road) offers a safe, supportive space for individuals and families to heal and connect during difficult times.

Why Choose us?



Why choose the National Grief Advice Service?

We offer free, compassionate support to help you through grief—no matter your situation. Our services include:

- Free counselling with qualified BACP counsellors
 - Grief groups to share and connect with others
 - A befriending service for one-to-one emotional support
 - Wellbeing activities to promote healing and resilience
- A welcoming space to drop in for a chat—you're never alone.

All our support is free and tailored to your needs. We're here to help you find comfort, understanding and community.

Types of grief

Types of Loss That Can Cause Grief:

- Death of a loved one (family member, friend, pet)
- Relationship breakdown (divorce, separation, friendship loss)
- Loss of health (chronic illness, disability diagnosis)
- Loss of a job or career
- Financial loss or housing insecurity
- Loss of identity or role (eg. retirement, becoming a carer)
- Loss of independence (eg. age-related injury)
- Miscarriage or infertility
- Loss related to trauma (abuse, violence, natural disaster)
- Loss of a dream or future plans
- Cultural or community displacement (displacement, migration, war)

About us.

We are a charity offering practical support and guidance after the loss of a loved one. From the immediate aftermath to legal steps and grief, we're here every step of the way. Our clear resources and compassionate team help connect you to the support you need.

Our Info

Get the support you need today



- A.** The Maltings, Wharf Road,
Grantham NG31 6BH
- P.** 0300 13 123 53
- M.** admin@nationalbereavement.com
- W.** www.nationalgriefadvice.com

Grief is personal and can take many forms beyond the loss of a loved one. Understanding its types can help people recognise their emotions and seek support. The National Grief Advice Service offers guidance, resources and help for those coping with grief.



GROWING AROUND
GRIEF

National Grief Advice Service

“You’re not alone”

NGAS

Learning to Grieve Again