**Suggested text for organisations to use to link to the Grief Support Guide on their websites**

English

The Grief Support Guide provides information on the variety of bereavement support that is available in the UK, from self-help resources and helplines to peer support groups and grief counselling. The Guide also includes details of support for specific groups of bereaved people, e.g. widow(er)s, children, cultural and faith groups and people bereaved by particular types of death.

The free guide can be downloaded at: [www.nationalbereavementalliance.org.uk/support](http://www.nationalbereavementalliance.org.uk/support)

Welsh

Mae'r Canllaw Cymorth Galar yn amlinellu'r amrywiaeth eang o gymorth profedigaeth sydd ar gael, o adnoddau hunangymorth i grwpiau cymorth a chwnsela galar ffurfiol. Mae'r canllaw hefyd yn cynnws manylion o gefnogaeth ar gyfer grwpiau arbennig o bobl; e.e. gweddwon ifanc, plant, grwpiau ffydd a phobl wedi'u heffeithio gan fathau penodol o brofedigaeth.

Gellir lawrlwytho'r canllaw yma: [www.nationalbereavementalliance.org.uk/support](http://www.nationalbereavementalliance.org.uk/support)