



# Tell me more about the BEAD project

**If you have been bereaved through a loved one's drug or alcohol use, this information sheet is for you.**

**It tells you a little more about the BEAD (Bereaved through Alcohol and Drugs) project and how our team of peer support volunteers can help you.**

## What is BEAD?

BEAD stands for Bereaved through Alcohol and Drugs. It's a partnership between Cruse Bereavement Care and Adfam, providing practical and emotional support and information specifically for anyone bereaved through a loved one's drug or alcohol use.

Cruse is the UK's leading bereavement charity and Adfam is a national charity working to improve support for families affected by drug or alcohol use.

## Who is the BEAD project for?

BEAD support is for you if you have been bereaved as a result of a loved one's drug or alcohol use. Due to our funding, the project is limited to people living in England and over 18.

## Who will I receive support from?

You will receive support from a BEAD peer support volunteer. Our volunteers are all people who have themselves been bereaved through drug or alcohol use and have been trained to offer support to others, like you, going through similar experiences. We believe that peer support can be incredibly useful in helping people through times of need.



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## What kind of support do you offer?

We offer three kinds of support through the BEAD project:

### Befriending

This is informal, social support. You'll talk on the phone about your bereavement with your volunteer or if you live nearby you may be able to meet up.

### Telephone bereavement support

You'll receive six weekly sessions of 50 minutes with your volunteer using listening skills to offer in-depth bereavement support. It's a chance to explore your feelings and find ways of coping with your loss. These sessions will be on the phone. Occasionally it may be possible to arrange face-to-face if we have a volunteer who lives near you.

### Bereavement peer support groups

These will be launching in several locations across England in early 2016 and will all be run by people who have themselves been bereaved through drug or alcohol use. You can register an interest in attending a group now and we will get back to you when they are launching.

## What should I do next if I want to receive BEAD support?

You can let us know you're interested in receiving support by:



**Calling the Cruse National Helpline on 0844 477 9400\***. A helpline volunteer will take some details from you and pass them on to the BEAD project team.



**Emailing us at [info@beadproject.org.uk](mailto:info@beadproject.org.uk)**

Make sure you give us your name and a contact telephone number where we can reach you.

## What happens next?

Once we've heard from you, we'll call within one week to have an initial conversation with you. We'll run through some questions to give you a chance to talk further about your bereavement and explain more about the BEAD project. Together we will then decide whether BEAD support is appropriate for you.

If it is, we'll match you up with a peer support volunteer or register you for one of our forthcoming groups.

We aim to match bereaved friends and family with a volunteer as soon as we possibly can. However, there can sometimes be a wait depending on availability of volunteers and how many other bereaved family and friends are waiting for support.

### What should I do if I need to talk to someone immediately about my bereavement?

Call the Cruse National Helpline on **0844 477 9400\***. We are open from Monday to Friday from 9.30am to 5pm and with extended hours until 8pm on Tuesdays, Wednesdays and Thursdays.

The Samaritans helpline is free and available 24 hours a day, seven days a week, on **116 123**.

\*Calls to the Cruse National Helpline will cost a maximum of 7p per minute from a BT landline, calls from other operators and mobile phones may vary. If you are concerned about the cost of the call please let us know and we will arrange for a volunteer to call you back.



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