

Help is at Hand

if you have been bereaved by the suicide or sudden, traumatic death of a family member or friend.



NHS
Direct

- › Telephone 0845 4647
- › www.nhsdirect.nhs.uk
- › Digital TV

Available 24 hours

The Help is at Hand booklet covers:

- practical information – eg the role of coroners, inquests
- grief and the experience of bereavement
- issues for particular groups – eg parents, children, young people
- where to find support and advice.

For a copy of Help is at Hand, quote 274206 and contact:
tel: 08701 555 455

www.dh.gov.uk/publications