

# Bereavement and terminal illness support



*For every moment, there's*  **MetLife**

**Dealing with a bereavement or terminal illness is an emotional and difficult time and affects everyone in different ways. We're here to support you.**

Whether you are affected personally, or someone in your family needs someone to talk to – we can help. Our complimentary Bereavement and Probate support helpline, staffed by qualified counsellors, is there to provide emotional and practical support to you and your family when you need it most.

**Need to talk?  
Help isn't far away.**

The helpline is available 24 hours a day, 365 days a year - as often as you need it - for as long as you need it.

**Call 0800 917 0096**

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