

# Need to talk?

Help isn't far away.

The news of a death can be deeply distressing, either personally, for a loved one or a colleague. Often a very personal journey, many prefer to talk about their grief confidence. Our complimentary Bereavement and Probate support helpline, staffed by qualified counsellors, is there to provide you and your family with the practical and emotional support you need.

## Emotional support to help:

- Come to terms with the loss
- Understand the grieving process
- Explore areas which might prevent moving on
- Resolve areas of upset or conflict that remain

## Practical support with how to:

- Register a death
- Arrange a death certificate
- Gain advice on what to do if a will has not been left
- Help deal with finances after a death, for example closing a bank account
- Manage the deceased's estate

## Call the helpline on:

**0800 917 0096**

Available 24 hours a day, 365 days a year to support you, for as often and as long as you need it.

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