



The passing of a loved one...

... is a difficult time for anyone. Everyone copes with grief differently depending on their age, personal circumstances, background and beliefs. The feelings of shock, loss and bewilderment can take over our lives.

You are not alone.

Help is at hand, not only from family and friends, but also from the organisations listed below:

BEREAVEMENT SERVICES

Barnardo's Child Bereavement Service	028 9066 8333
Cruse Bereavement Care	Helpline 0808 808 1677 Belfast Office 028 9043 4600 Bangor Office 028 9127 2444
Samaritans [24 hours a day]	116 123
Bereavement Support Midwife [SEHSCT]	028 9056 4717
Child Death Helpline	0800 282 986 / 0808 800 6019
The Compassionate Friends NI	028 8778 8016
The Lullaby Trust	0808 802 6868
The Miscarriage Association	01924 200799
SANDS NI Helpline	07740 993450

MENTAL HEALTH SUPPORT

Action Mental Health	028 9182 8494
Aware NI	07548 530931 / 07340 488254
Mindwise	028 9040 2323
Inspire Mental Health	028 9032 8474
Praxis Care	028 9023 4555
Threshold	028 9087 1313

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