



To order Help is at Hand wallet cards and for details of how to get the guide contact:

www.dh.gov.uk

tel: **08701 555 455**



Help is at Hand

If you are in contact with someone who has been bereaved by the sudden, traumatic death of a family member or friend, *Help is at Hand* is a new DH guide which offers advice on the practical and emotional issues and which acknowledges that:

- bereavement by suicide or other sudden traumatic death can be particularly difficult;
- people need both practical and emotional support;
- professionals (eg in prisons, hospitals, the police, funeral directors, etc) need to support the bereaved and also need support themselves;
- bereaved people may need further support.

Help is at Hand 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.

