

Help is at Hand

if you have been bereaved by the suicide or sudden, traumatic death of a family member or friend. For a copy of Help is at Hand contact:

tel: **08701 555 455**
www.dh.gov.uk



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.

NHS

Direct

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

Available 24 hours