



# SAIF Care

*At life's most difficult time*

Freephone: **0800 917 7224**

Email: **help@saifcare.org.uk**



Often the result of a significant loss such as bereavement, grief can cause a range of feelings including sadness, anger, relief, and guilt to name but a few. Everyone's grief journey is different and there is no normal or right way to grieve - it's a completely natural process. Many people cope with help and support either from family or friends, or from an organisation like ours.

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**SAIF Care provides:**

### **A Bereavement Care Line**

**0800 917 7224** - open 9am to 9pm Monday-Friday.

*Our friendly, supportive helpline staff are available to offer information, advice and a listening ear*

### **Email Support**

*Monday to Friday 9am to 9pm at [help@saifcare.org.uk](mailto:help@saifcare.org.uk)*

### **An Online Chat Box**

*which can be found on [saif.org.uk](http://saif.org.uk), [funeraladvice.org](http://funeraladvice.org) and [saifcare.org.uk](http://saifcare.org.uk)*

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**For face-to-face counselling or details of your nearest bereavement support group please speak to your local independent funeral director**

**SAIF Care** is a service exclusively offered by funeral homes that are members of the National Society of Allied and Independent Funeral Directors (SAIF).

