



We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

## “Bereavement Helpline”

**This service is available from Monday—Friday,  
9am—5pm**

**028 375 67990**

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear.

There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.