

Cromer and District

I n d e p e n d e n t F u n e r a l
S e r v i c e s

E s t 1 9 8 7



info@cromeranddistrictfunerals.co.uk

Tel : 01263 514814

*“A compassionate and caring service in
your time of need.”*

BEREAVEMENT COUNSELLING

If you have experienced the death of someone who was important to you, you might be finding it difficult to adjust to the changes happening in your life right now. Grief can shake everything up - your beliefs, your routines, and even your sense of normality. Bereavement is the time we spend adjusting to loss. If you would like us to recommend a local bereavement counsellor, please just ask and we can pass on the required information to you.

BEREAVEMENT CHARITIES

Please find a list of well known bereavement charities below...

- SAIF Care

0800 917 7224

<http://saifcare.org.uk>

- Compassionate Friends

0845 123 2304

<http://www.tcf.org.uk/>

- Child Death Helpline

0800 282 986

<http://www.childdeathhelpline.org.uk>

- Stillbirth and Neonatal Death Society

020 7436 5881

<http://www.uk-sands.org.uk>

- Cruse Bereavement Care

0808 808 1677

<http://www.uk-sands.org.uk>

- Samaritans

116 123

<http://www.samaritans.org>