



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.

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

An Online Chat Box

which can be found on saif.org.uk, funeraladvice.org and saifcare.org.uk

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).



For more information about SAIF and how we support independent funeral directors go to www.saif.org.uk