

## Help is at hand when you've been bereaved.

For practical and emotional support, call us free  
and our trained staff will help you talk it  
through, in confidence.

**0800 048 5224**  
10am - 5pm, Monday to Friday

If you've been affected by the loss of a family  
member, friend or someone you've cared for,  
help is available.

1 to 1 Counselling | CBT | Group Counselling |  
Helpline | Friendship After Bereavement Group

**For counselling, visit**  
**[www.listening-ear.co.uk/refer](http://www.listening-ear.co.uk/refer)**



Rotherham  
Metropolitan  
Borough Council

**NHS**  
Rotherham  
Clinical Commissioning Group

