



About Professional Help

SAIF Care is provided by Professional Help Limited, an organisational member of the British Association of Counselling and Psychotherapy. Professional Help maintains the highest standards of customer service, client care and safe practice.



Contact Us

You can get in touch with SAIF Care via phone, post or email:

SAIF Care, C/O Professional Help Limited,
Burtlands, Burton in Kendal, Cumbria, LA6 1HR

Freephone: **0800 917 7224**
Email: **help@saifcare.org.uk**

www.professionalhelp.org.uk

Professional Help Limited, company no. 9402547, a private limited company registered in England and Wales.

SAIF Care is a service 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



SAIF contact details

SAIF Business Centre, 3 Bullfields,
Sawbridgeworth, Herts CM21 9DB

Tel: **0345 230 6777**
Email: **info@saif.org.uk**

@NationalSAIF

www.saif.org.uk



SAIF Care

At the most difficult time

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“The death of someone important to us will probably be one of the most difficult experiences we ever have to face.”

Grief is what we feel after a significant loss such as bereavement and our feelings of grief can take many forms including sadness, anger, relief, depression and many others. Everyone experiences grief differently and there is no ‘normal’ or ‘right’ way to grieve. Grief is completely natural after bereavement and people cope with help and support either from family or friends, or from an organisation like ours.

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

SAIF Care provides a range of services to bereaved people over the age of 18, including:

- A freephone telephone helpline (0800 917 7224) which is open from 9am-9pm, Monday-Friday. Our friendly, supportive helpline staff are available to offer information, advice and a listening ear
- Email support and information via **help@saifcare.org.uk**
- Up to six free sessions of supportive counselling by telephone, Skype/facetime or face to face in your local area by our skilled and qualified counsellors.

When to get help

It is quite normal to feel a range of strong emotions after a bereavement, however you might wish to consider asking for support if you are experiencing any of the following:

- **difficulty coping with intense feelings**
- **feeling unusually tired, confused and unable to concentrate**
- **feeling numb or empty quite a long time after the death**
- **having nightmares or difficulty sleeping**
- **your relationships seem to be suffering badly**
- **constantly feeling angry or irritable**
- **smoking, drinking or taking medication or other drugs more than usual**
- **your work attendance or performance is suffering.**



How can we help you?

Call us on 0800 917 7224

Email us at help@saifcare.org.uk

A member of our team will be happy to listen to your experiences, answer any questions you may have about bereavement or bereavement support and share information about our services and other organisations that you may find helpful.

Our helpline is open from 9am-9pm, Monday to Friday. If we are unable to answer simply leave your contact details and tell us the best time for us to call you.

Our staff are trained in counselling skills and bereavement care and will be able to listen and support you. If you wish to access counselling, our Associate Counsellors are highly qualified professionals. All of our people are friendly, reassuring and supportive.

Counselling can help you to understand your experience of grief, develop self-care and coping strategies and deal with the challenges you may be facing.

All **SAIF Care** services are confidential and are provided free of charge to people who have used the services of a SAIF member funeral business.