

Lincolnshire Bereavement Helpline

0300 303 1897

Monday	9am - 8pm
Tuesday	9am - 5pm
Wednesday	9am - 8pm
Thursday	9am - 5pm
Friday	9am - 5pm

St Barnabas Bereavement Counsellors have opened a special helpline for those isolating and dealing with the death of a loved one.

St Barnabas Hospice has announced the launch of a special helpline in response to the coronavirus pandemic. As thousands of people in Lincolnshire are isolated, dealing with the death of a loved one alone can affect the way we normally grieve. St Barnabas will offer a listening ear and basic advice to anyone who feels unable to cope or who needs to seek support. Deaths may have been from causes other than coronavirus, may be recent, or may have triggered feelings of grief and loss from a past bereavement.

The new bereavement helpline will be open Monday to Friday, from 9am to 5pm, as well as Monday and Wednesday evenings until 8pm. Counsellors will provide emotional support and a listening ear as well as hints and tips on how to stay calm, manage anxiety, and how to pay respects to a loved one when a funeral cannot take place in the usual way. We understand that people will be feeling more emotional and alone than normal and our aim is to use our expertise to support people when they need it the most but also understanding that they may be grieving in a different way because of the current situation.

Calls will be taken by over 25 volunteers, most are trained counsellors or bereavement volunteers who would usually be working in the community holding group sessions. As these have stopped, we were keen to use their expertise to continue being able to support our community. The helpline will offer an initial response, and if someone needs additional, more regular care, we will be able to refer them to the relevant service.

This helpline is accessible to the people of Lincolnshire due to capacity, and support can be accessed by dialling **0300 303 1897**.

For further information please contact:

tracy.tuffs@stbarnabashospice.co.uk or visit StBarnabasHospice.co.uk/BereavementHelpline