

Helping you through bereavement Financially, Emotionally and Practically

We are here to offer support, guidance and advice to help you through grief.
All our services are completely free and confidential.



Legal Advice

Law Express provides advice on areas such as wills, probate and inheritance. Call the GroceryAid Helpline to get a referral code.

Telephone Information Specialists

Available through the GroceryAid Helpline, a TIS can provide guidance on housing, benefits and other entitlements following your change in circumstances.

Counselling Support

Our Helpline may suggest individual counselling sessions for you or Relate relationships support for couples, families, friends and children.

Financial Grants

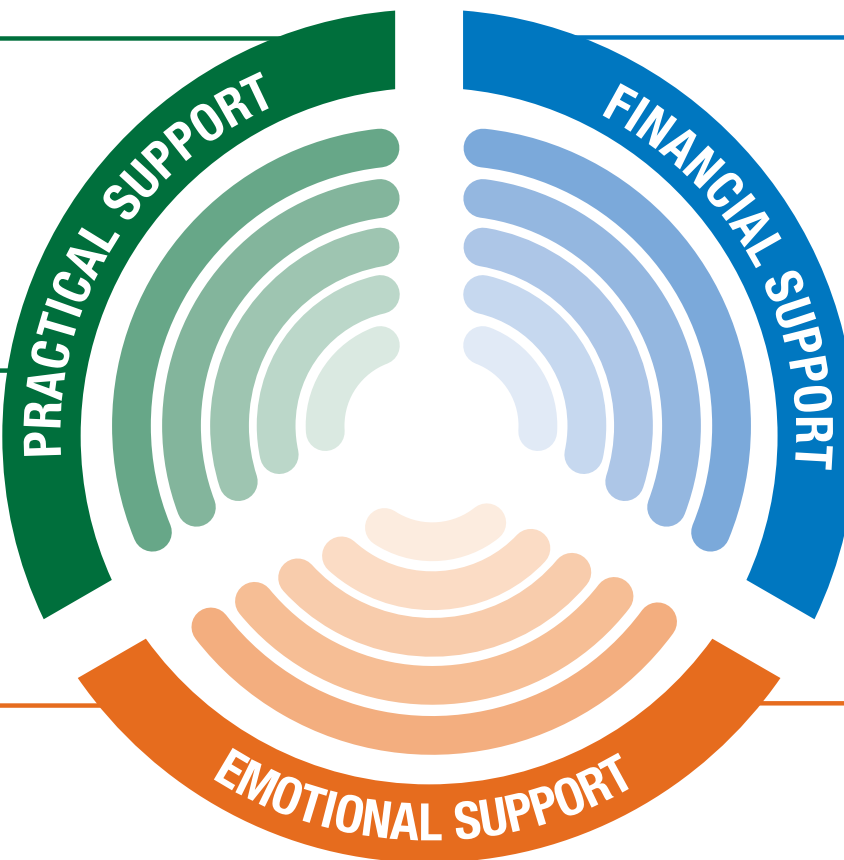
If you have experienced a sudden drop in income or change in circumstances, you may be eligible for one-off, non-repayable financial grant. Apply online at [groceryaid.org.uk/get-help](https://www.groceryaid.org.uk/get-help)

Online Financial Hub

MoneyHelper's financial advice and guidance explain how to handle finances when someone dies.

Helpline

Call **08088 021122** for immediate emotional support 24/7, 365 days a year.



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GroceryAid