



Newham
Bereavement
Service

Delivered by Mind in
Tower Hamlets and Newham

Coping with grief and loss

**Dealing with grief and loss is
always painful, if you are struggling,
we are here to help and support you.**

We offer a range of support including:

- Bereavement Counselling;
- Group counselling and workshops
- Advice and Information

Our services are Free and Confidential

You can contact us on:

Tel: **020 7510 1081** or **020 7510 4268**

Email: **nbs@mithn.org.uk**

Website: **mithn.org.uk**

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