

**For inclusion in your newsletter**

Have you been impacted by a bereavement during COVID-19?

Are you finding it more difficult to cope with a pre-Covid bereavement at this time?

Would it help to talk to someone in confidence about your loss?

**The Irish Hospice Foundation Bereavement Support Line** is a national freephone service **1800 80 70 77** which is **available from 10am to 1pm, Monday to Friday.**

The line aims to provide comfort and emotional support.