

Thursday, 13 March 2025

## [Health and Social Wellbeing Improvement](#)



**Support following an unexpected death**

At this time we would like to offer our sincere sympathy to you, your family and friends who have been affected by this sad loss. We acknowledge the pain and distress that is felt after the unexpected death of a loved one.

Please know that you are not alone. Help is available in the immediate aftermath, and in the days, weeks, months and years following the sudden death of a loved one. This support is open to all who have been affected by the loss.

If you are in distress or despair, or know someone who is, you can call Lifeline on 0808 808 8000 (Deaf people and those with hearing difficulties can contact Lifeline on Textphone 18001 0808 808 8000) or Samaritans on 116 123 (both numbers are free from UK landlines and mobiles).

If you, or someone you know, is in immediate danger dial 999.

 HSC Public Health Agency

This leaflet provides brief information on sources of support following an unexpected death, including the HSC Bereavement Network and the Bereaved by Suicide support services in each Trust. It also directs people to an online copy of the booklet [Help is at hand](#).

Please note the translations are of an earlier version of the leaflet.

## Details

Format

2 pages, A5 flyer

Target group

People who have experienced an unexpected death

## Downloads

Attachment	Size
<a href="#">Support for unexpected death A5 leaflet 03.25.pdf</a>	93.91 KB
<a href="#">Support for unexpected death ARABIC 01.24.pdf</a>	205.16 KB
<a href="#">Support for unexpected death IRISH 01.24.pdf</a>	162.48 KB
<a href="#">Support for unexpected death LITHUANIAN 01.24.pdf</a>	162.3 KB
<a href="#">Support for unexpected death POLISH 01.24.pdf</a>	163.16 KB
<a href="#">Support for unexpected death PORTUGUESE 01.24.pdf</a>	161.42 KB
<a href="#">Support for unexpected death ROMANIAN 01.24.pdf</a>	161.5 KB

## Tags

- [suicide](#)
- [mental health](#)
- [bereavement](#)
- [death](#)
- [grief](#)

[Print](#)