

Bereavement Helpline

Talking can make things easier

Help when you need it after losing a loved one

Available through your employer's company Group Life Policy, the Bereavement Helpline offers you emotional and practical support to help you deal with your grief when you lose someone close to you



This service is a non-contractual benefit Aviva can withdraw at any time. The service is available to employees who are permanent residents of Great Britain, Northern Ireland, the Channel Islands or the Isle of Man.

When you lose someone close to you, dealing with your loss can seem like too much. Provided by Care first, the Bereavement Helpline offers emotional and practical support from qualified bereavement counsellors to help you carry on. And if it's you who leaves us, your immediate family can use the service to help them cope with their loss.

Help when you need it after losing a loved one

As well as helping those left behind to cope with their loss, Care first can help with funeral arrangements and dealing with probate. If you need specific financial, tax or legal advice, they can refer you to specialist organisations for support.

You can call the Bereavement Helpline 24/7, on

It's completely confidential.

Provided by Care first, it offers in-the-moment support for insured employees and their family members (spouse/partner or dependants aged over 16).

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