



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**

Stratford Advice Arcade

107-109 The Grove, Stratford, London E15 1HP



Tower Hamlets  
and Newham



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