



MALE BEREAVEMENT SUPPORT, YOU ARE NOT ALONE



# STRUGGLING WITH BEREAVEMENT?

NEED SOMEONE TO TALK TO,  
WE ARE HERE TO LISTEN.

WE ARE A CHARITY DEDICATED TO HELPING  
ADULT MALES THROUGH BEREAVEMENT.

TEAMTDDCC PROVIDE A FREE, CONFIDENTIAL  
BEFRIENDING SERVICE.

PLEASE CONTACT US ON ANY OF THE OPTIONS  
BELOW. OUR SPECIALLY TRAINED BEFRIENDERS ARE  
JUST A CALL OR EMAIL AWAY.



**CALL TODAY**  
**0300 303 5960**

**CALL US: 0300 303 5960**

**EMAIL US: [HELP@TEAMTDDCC.COM](mailto:HELP@TEAMTDDCC.COM)**

**NO MAN SHOULD FEEL ALONE. TOGETHER WE CAN HELP BREAK DOWN  
THE BARRIERS AND STIGMA ASSOCIATED WITH TALKING ABOUT AND  
DEALING WITH BEREAVEMENT.**

**THE DISCERNING DAD CARING COMMUNITY  
REGISTERED CHARITY NUMBER 1189172  
[WWW.TEAMTDDCC.COM](http://WWW.TEAMTDDCC.COM)**