

Bereavement Counselling



Bereavement Counselling is available to people who are finding it difficult to come to terms with the loss of someone significant. Your loss has an enormous impact and sometimes it helps to have someone to talk to in confidence.

What is Bereavement?

Bereavement usually refers to the loss through death of someone to whom there has been a strong attachment. The bereaved person has a period of grieving followed by a period of adjusting to the loss.

What is Grief?

Grief is a reaction to bereavement, loss and change. We all experience grief differently and usually go through various stages of emotional upheaval. Our physical, spiritual, social and mental well-being may be affected. Recovering from bereavement takes time, eventually adjusting to life without the deceased. This is a natural process, but sometimes, if the process becomes too difficult to bear, counselling may help.

The Bereavement Counselling Charity is dedicated to supporting you with coming to terms with your loss and helping you to rebuild your life. Our qualified Counsellors, or Counsellors in training who have received approval to practise, use the power of talking to support you through the grieving process including key milestones such as anniversaries, birthdays, festive season and other prominent dates and times as you take the first steps on this new journey.

About the Bereavement Counselling Charity?

We are a local, independent charity, formed in 1989. Our founders were working in the social services sector and were struggling to offer advice to those in need, so they set up the group to meet the needs of the community. The work of the charity continues with a team of dedicated volunteers and Counsellors who have helped hundreds of people over the years.

"I've got stronger, and I'm planning things for the future."

"I feel better having had the counselling sessions, but now realise that the death of my husband will take some time to get over."

All our work adheres to the ethical framework and guidelines of the British Association for Counselling and Psychotherapy.

How is Counselling undertaken?

Counselling is offered either;

- ▶ online via Zoom
- ▶ over the telephone

Currently due to COVID restrictions we are

unable to see you

- ▶ within your own home*
- ▶ at a mutually convenient location*

**Face-to-face support, when COVID restrictions are lifted, will be available in the following areas; Denmead, Emsworth, Havant, Hayling Island, North Portsmouth, Petersfield and Waterlooville*

Your Counsellor will be matched to you and stay with you throughout your journey and each Counselling session lasts 50 minutes.

We are all different and how we experience the loss of someone is very personal, therefore, the number of sessions required will vary depending upon the individual circumstances, however typically it ranges from 6 to 18 sessions.

What is the cost?

The Counselling service is offered on a donation basis. This means we will request a donation in support of the services provided. This ensures we are able to continue to provide this essential service.

Get in touch

Visit

www.bereavementcharity.org.uk

Call

07827491902

Email

admin@bereavementcharity.org.uk

Write

The Bereavement Counselling Charity

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Don't grieve alone - counselling may help

Winner of a Queen's Golden Jubilee
Award for services to the community



Registered charity number 1190201