

“Grief is a natural reaction to loss, but in some cases, it can be devastating, causing a loss of direction, affecting relationships, work, home, and school life.”

HOW TO ACCESS THE COMMUNITY BEREAVEMENT SERVICE

Regardless of how long ago you were bereaved, you can self-refer using our online referral form or by requesting a referral form directly from the service.

You can also ask a health professional, school wellbeing practitioner, friend or family member, to provide you with a referral form which you can complete with or without their support.

All appointments are pre-booked and provided in our confidential counselling rooms, either in person, online, or by telephone.

For further information, please contact the Bereavement Service by phone (01534 285144) or email (bereavement@jerseyhospicecare.com) and a member of our team will be in touch.



Jersey Hospice Care

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Community Bereavement Service

Providing free, confidential support and counselling



Jersey Hospice Care

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 bereavement@jerseyhospicecare.com

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HOW THE SERVICE WORKS

The Community Bereavement Service is available to adults, young people and children in need of support to come to terms with the death of a relative or friend.

Our free and confidential service can be an opportunity to talk in confidence about the impact of a bereavement, your feelings and the consequences of your loss. Regardless of how long ago you were bereaved, every loss is very personal, and many people find it helps to talk to someone who is not part of their family or close circle of friends.

After an initial telephone assessment, you may be offered some of the following support. All our services are free of charge.

“No two people will experience loss in the same way, so it is impossible to really know another person’s pain or sense of grief.”

BEREAVEMENT SUPPORT FOR ADULTS

Support is provided by our team of counsellors.

◆ One to one individual counselling

Our counselling sessions are no longer than 50 minutes. They can be face to face, over the telephone, online or via email.

This can be an opportunity to talk with someone who will be able to listen to your personal experience of grief and loss. Support is focused on you and in managing the impact of your bereavement.

◆ Support group

‘Looking back, moving forward’ is an in-person support group with sessions held throughout the year.

The group is facilitated by a counsellor, providing a safe and confidential environment. These groups can help you realise that you are not alone in your grief and provide an opportunity to share experiences with others.

◆ Couple support

We offer confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child. We offer an opportunity for couples to attend together to talk about their feelings, to help ease the process and resolve any remaining issues they may have.



BEREAVEMENT SUPPORT FOR CHILDREN AND YOUNG PEOPLE

We are here to help navigate difficult conversations to support children and young people experiencing grief. We can also support adults by providing information and resources to help them talk with children and young people about their loss. All support provided is with qualified counsellors experienced in working with this age group.

◆ One to one individual counselling

Sessions provided allow space to process thoughts, feelings, and to develop the skills to cope with overwhelming feelings of loss, through age-appropriate activities.

◆ Group support

We can provide small, age-appropriate or sibling therapeutic groups to support managing grief and loss.



HAVE YOUR SAY

At Jersey Hospice Care we welcome and listen to all feedback as a way of learning and improving our services. We respond to all feedback, concerns, or complaints we receive, investigate further where necessary and share the outcomes. For more information, please visit www.jerseyhospicecare.com/complaints