



St Joseph's  
Hospice

# Bereavement Service

The death of a family member or friend can be painful and distressing. You may need to speak to someone about how you feel and the changes you are facing. At St Joseph's we have a team of highly trained and experienced counsellors who can help.

People react to different losses in different ways. You might:

- Feel shocked and numbed by your loss
- Find it difficult to accept your loss
- Feel lonely, depressed, anxious, angry and guilty
- Find it difficult to eat and sleep
- Find you are forgetful and confused
- Feel you may be 'going mad'
- Find everyday problems difficult to cope with
- Feel you have lost your reason for living
- Feel unable to talk to family or friends

Be gentle with yourself. All of these are natural reactions to bereavement and not necessarily signs that you cannot cope.

During this time you may need support from others. We provide counselling and group support to bereaved relatives and friends of people who have been cared for by St Joseph's, whether in the Hospice or at home.

All support is free of charge and confidential.

## **Bereavement counselling**

You may find it difficult to talk about your loss with family or friends.

Counselling with one of our team of staff and volunteers in one of our counselling rooms at St Joseph's can help. Appointments are usually once a week and last for 50 minutes.

### Telephone counselling

If you prefer, we also provide counselling by telephone and video call. Appointments are usually weekly. Each session lasts for up to 50 minutes.

### Family Therapy

Family Therapy offers bereaved couples and families an opportunity to come together to talk about their bereavement and think together about how they can best support and understand each other through their grief.

### Bereavement support groups

You can meet other bereaved people who may have had similar experiences to you at one of our bereavement support groups. Groups give you the opportunity to share and explore your feelings and experiences with people who understand you, and listen to other's experiences, so that you're not alone with your grief. Our support groups meet in rooms at St Joseph's Hospice and are led by experienced members of our team.

### Bereavement social club

After a bereavement some people feel very lonely and isolated. Our social club meets twice a month at St Joseph's. This is an opportunity to meet other bereaved people informally for a cup of tea and chat.

**To arrange for support from the Bereavement Service call our First Contact Team on 0300 303 0400 or email [stjosephs.firstcontact@nhs.net](mailto:stjosephs.firstcontact@nhs.net)**

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

### Our range of services includes:

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

**For 24 hour advice and support call First Contact on 0300 30 30 400.**

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website [stjh.org.uk](http://stjh.org.uk)

**St Joseph's Hospice  
Mare Street, London E8 4SA  
020 8525 6000 [stjh.org.uk](http://stjh.org.uk)**

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Tell us how we are doing - leave your feedback at [iwantgreatcare.org](http://iwantgreatcare.org)