

## **Who is the service for?**

If you are 18+ years of age, live in the borough of Haringey and have been bereaved, we can help. We can now support bereavements following any cause of death. Wherever possible, we will also try to provide information and link you to other relevant organisations.

## **Where is the service based?**

We provide face-to-face counselling at various locations around Haringey as well as a remote service, provided by video or telephone. We will be happy to discuss your preferences, but we are not able to offer home visits for counselling.

## **Is there a charge?**

No. All counselling and bereavement support is confidential and provided free of charge. The service is funded as part of the NHS Haringey Palliative Care Service.

## **How to contact us and make a referral**

You can contact us yourself, or a GP or other professional can make a referral on your behalf.

**To arrange support from the Bereavement Service call our First Contact Team on 0300 303 0400, email [stjosephs.firstcontact@nhs.net](mailto:stjosephs.firstcontact@nhs.net) or fax 0208 525 6085.**

For general enquiries (other than referrals), call 0208 525 3230 or email [haringeybereavement@stjh.org.uk](mailto:haringeybereavement@stjh.org.uk).

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London E8 4SA

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St Joseph's  
Hospice

Founded in 1905 under the care of the Religious Sisters of Charity. Charity No. 1113125

# **Haringey Bereavement Service**

## **Support and counselling for bereaved people**



St Joseph's  
Hospice



# Are you bereaved or know you are going to be and need someone to talk to?

“Thank you so much for the wonderful service you provide. I feel more myself now than perhaps ever.”



## Bereavement and grief

The death of a family member or friend can be very painful and distressing. You may find that you need support during this time. People react to different losses in different ways.

## There are a number of ways you might react

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 the support of others. Speaking to someone about how you feel and the changes you are facing may help you feel less alone with your grief.

“The service that I received was absolutely excellent and helped me to move on.”

## Bereavement counselling

You may find it difficult to talk about your loss with family or friends. Counselling gives you the opportunity to talk about any difficulties you are experiencing with one of our highly trained and experienced team of staff and volunteers. We can provide time-limited support to help you come to terms with your bereavement.

All counselling is free and confidential.

## What do I need to do?

If you feel it would be helpful to talk to someone to help you through your loss, details of how to contact us are on the back of this leaflet. Once we have received your referral, we will arrange an initial appointment (in person, by video or by phone) to discuss your situation and work out what would be the best next step for you.

The Haringey Bereavement Service is provided by St Joseph's Hospice in partnership with the Haringey Palliative Care Service.