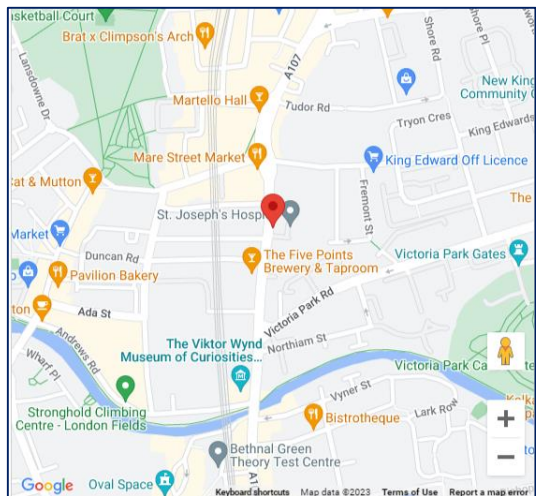




To arrange support from the Bereavement Service call our First Contact Team on **0300 30 30 400**



Or you can email stjosephs.firstcontact@nhs.net



You can get the bus to the Hospice
D6, 26, 55, 106, 254 or 388 bus

St Joseph's Hospice, Mare Street, London E8 4SA
020 8525 6000 info@stjh.org.uk
stjh.org.uk [@stjosephshospice](https://www.facebook.com/stjosephshospice)

Advocacy Compassion Justice Quality Respect

Charity No. 1113125



St Joseph's Hospice
Serving East London and the City



St Joseph's Hospice
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Bereavement Service at St Joseph's Hospice





When someone in your family or a friend dies it can be very hard.

This is called bereavement.



You may need to talk to someone outside your family and friends who understands and can help.



St Joseph's Hospice can support you.



Weekly counselling at St Joseph's could help you cope with your loss.



Or you can have counselling by telephone or video call.



Families and couples can meet with a counsellor to talk about their bereavement and find ways to support each other.



You can meet other bereaved people at one of our support groups or social clubs.



They will understand what you are going through and you can find out how they cope.