

## Counselling and psychological support

Facing the death of someone we love raises many thoughts and feelings. You may feel shocked or numb and it can take a while to sink in. You may feel nothing. It can seem very difficult to cope.

We have a team of counsellors and volunteers who can support you. It is good to share your feelings with friends and family, but sometimes it can be helpful to talk to someone confidentially who can listen and will not judge you. Counselling gives you a better understanding of how you are feeling.

We offer short term counselling support and one-off calls when you need us. We can also offer supportive calls on a regular basis, to help you through particularly difficult times.



SCAN ME

We're here  
for you 24/7  
**01785 270832**



## Support for families, carers and loved ones

**We support close relatives, loved ones and carers with free access to welfare and care support, complementary therapies, and social and spiritual care.**



## We're here when you need us

When someone is diagnosed with a palliative illness, everybody in the family is affected. We provide timely expert support and listen to you to help you as much as we can.

We work with families and friends when you need us – from the day of diagnosis as well as after your loved one dies. It can feel like your lives are being turned upside down. We can offer welfare advice to help sort through tricky financial and legal matters, as well as information on care and medical support.

Your wellbeing is paramount, therefore we offer complementary therapies such as massage and aromatherapy that can help you relax and get much needed sleep.

**Our sanctuary in our Therapy & Wellbeing Centre is for you to find space, calm and moments of reflection or prayer. We're here when you need us.**



## Emotional and spiritual care

Meeting the emotional and spiritual care needs of family members is as important as the physical and practical care we offer.

Some people have specific requests relating to their faith, religion or culture. For others, spirituality describes anything that gives value and meaning to their lives. We can support anyone who wants spiritual care, you don't have to consider yourself religious or follow a specific faith – we are here for you.

We can help by giving you space and time to reflect and make some sense of your situation, to talk through some of the questions raised, sort things out and restore a sense of balance and peace.

