

# Bereavement Counselling



Phyllis<sup>®</sup>  
Tuckwell  
Hospice Care  
...because every  
day is precious



Helping you through  
a difficult time

These sessions offer a safe and confidential space, free from judgement, where you can be listened to and supported in a caring environment.

**For more information about Bereavement Counselling,**  
please contact [pafs@pth.org.uk](mailto:pafs@pth.org.uk) or **01252 729430.**

For information about Living Well, call **01252 913040**





# Bereavement Counselling

## what are these sessions?

When a loved one dies, those close to them may experience a range of intense feelings and emotions, which can feel overwhelming.

It is often very helpful to share and talk about these feelings to someone outside of your immediate circle. With Phyllis Tuckwell's individual bereavement support, you can be totally open and honest without fear of upsetting anyone or being judged.

## what are the benefits?

Gradually you will come to terms with your grief. Perhaps to renew some old interests or take up new ones, and find pleasure and happiness creeping in. We often hear individuals say that they feel guilty for having happy or positive thoughts; this is not uncommon and is part of the grieving process and an adjustment to a new situation.

Amidst sorrow, you will develop ways to cope, and find hope and happiness for the future.

## what happens in these sessions?

You will be offered an initial six sessions, in a safe and confidential space, free of judgement or criticism, with a trained member of our team, offering a caring and empathic service in which you will be heard and supported.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, they can ask a member of staff, or visit our website.