

Who are we?

We offer counselling to families and carers who have lost a close relative or friend. The counsellors are from Sunderland Counselling Service. This is a local charity in the area. We offer counselling for adults. It is also free.

Our counsellors are fully qualified with the British Association for Counselling and Psychotherapy (BACP). They also get regular supervision. Sunderland Counselling Service is an organisational member of the BACP. Our counsellors stick to the BACP Ethical Framework in their practice. This means they will follow certain rules and behaviour. They will also treat you with respect.

If you make a complaint we will look into it properly, fairly and quickly. We will let you know what the results are. You can ask someone to support you with this like a friend or family member.

Want more information?

To speak about arranging an appointment please contact our Bereavement Counselling Secretary. Their number is 0191 512 8400. This line is open between 9am and 3pm Monday to Friday.

They will take your details and pass them to one of our Counsellors or Coordinators to offer you support.

St Benedict's Hospice
St Benedict's Way
Ryhope
Sunderland
SR2 0NY

Main Reception: 0191 512 8400

Website: www.stbenedicts.co.uk

*Supported by St Benedicts Hospice charity
Registered charity number 1019410*

We try hard to keep our information leaflets up to date. This information was correct when we wrote it. It may not include very new changes. Staff will tell you if anything has changed and check that you understand at your appointment. You should ask if you are unsure about anything.

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St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Bereavement Counselling Service



South Tyneside and Sunderland
NHS Foundation Trust

What is counselling?

Counselling offers you a private, safe place to talk. You are accepted, listened to and understood. It is not advice or telling you what to do. You are in control. You choose what you want to talk about.

When you are struggling to cope with the loss of a loved one it can feel overwhelming. Grief is painful. You may have thoughts, feelings and physical symptoms that you didn't expect.

It can be hard to talk to those close to you. Sharing these feelings with someone you don't know can help you. It helps you find your way through the painful process of grieving.



What do we offer?

After we assess you, we can offer up to 6 sessions. They are for anyone with a family member or friend who has been supported by St Benedict's Hospice:

- as an inpatient
- through the Day Care Service
- as an outpatient by the Palliative Care Teams

A bereavement support group runs monthly. Please call us to find out more information about this.



Confidentiality

We will treat your counselling with confidentiality. This means what you tell us will be safe and private. We will explain our confidentiality policy fully to you.

We may have to breach confidentiality if we think that there is a risk of serious harm. This may be either to you or to another person or children. You can ask for a copy of our confidentiality policy if you want.

We are happy to hear from anyone who thinks they might need bereavement support. We also accept referrals from St Benedict's staff, GPs, Consultants or anyone other health worker.

These referrals must be made with the patients consent and knowledge. Consent is where we check you are happy for us to go ahead with something.

If we think our service is not right for you and you would benefit from another team we will help you to access it.

We can also able signpost you to other support services.

We are committed helping everyone access our services equally. We will not discriminate against anyone for any reason.