

Teesside HOSPICE

Bereavement Counselling Service

Grief is a natural process, but it can feel overwhelming. Our specialist team are here to support you.

What does the counselling service offer?

Our bereavement counselling team is here to support you through the challenges that follow a death, with a focus on post-bereavement care and navigating complex grief and trauma. We can help you understand your emotions, explore how they are affecting your daily life, and develop practical tools and techniques to ease their impact.

Bereavement, loss and grief can bring deep pain, sadness and a sense of isolation, leaving you feeling confused or fearful. It's important to remember that while grief can affect your mental health, these feelings are entirely normal. They are part of the natural healing and adjustment process we all move through after experiencing a profound loss. For many people, these emotions become more manageable over time.

Talking with someone you trust, such as a family member or friend about how you're feeling can be helpful. You don't have to face this alone, and support is available from Teesside Hospice.

Who can access bereavement support?

Our Bereavement Service is available to anyone living in the Teesside area. We believe support should never be limited by where a loved one died, which is why we continue to develop our service for anyone aged 7 and above who has experienced a loss more than six months ago.

Our work focuses on complicated grief, a form of grief that typically usually does not emerge within the first six months after a bereavement. During those early months, strong and overwhelming emotions are expected and completely normal. Most people gradually begin to adjust to their loss during this time, even though the process can be painful and unpredictable.

When grief becomes more complex or difficult to manage as time goes on, our team is here to offer specialist support, helping you understand your experience and find a way forward.



How can I access your services?

If, after six months, you feel you are still struggling with your bereavement, you can access our counselling service by making a referral online, by telephone, or by visiting us in person. If you do not feel comfortable referring yourself, you can ask a friend, relative or your GP to make a referral on your behalf, with your consent.

Once we receive your referral, a member of our counselling team will contact you to discuss the next steps and ensure the support we offer is right for you.

To make our service as accessible as possible, we provide counselling in a range of formats to suit your needs, including telephone sessions, face-to-face appointments and remote counselling. When we contact you, we will also discuss any reasonable adjustments you may require.

You can reach our service using the details below:

- Telephone: 01642 811063
- Online referral: www.teessidehospice.org/bereavement-referral/
- Visit us: 1 Northgate Road, Linthorpe, Middlesbrough, TS5 5NW

To learn more about our bereavement support and how you can refer, visit www.teessidehospice.org/our-work or scan the QR code.

Registered with FUNDRAISING REGULATOR



Giving in memory

Supporting Teesside Hospice in memory of someone special is the perfect way to honour their life while making a difference to patients and families across Teesside. Our Bereavement Counselling Service is entirely funded by the generosity of donors, and so by giving in memory, you can help other families access vital support.

Donating in Memory

You can make a one-off or regular donation in memory of your loved one, which will help us support other families in Teesside. To make a donation, visit www.teessidehospice.org/donate or call our fundraising team on 01642 811145.

Funeral and Memorial Collections

Organising a funeral collection is a special way to celebrate your loved one and leave a gift in their legacy. If you're using a funeral director to help organise a funeral, they may be able to help with the collection and pay in the donations on your behalf. Alternatively, if you would like to organise a funeral collection yourself, please contact our fundraising team and we can support you every step of the way.

Tree of Memories

Our Tree of Memories is a beautiful way to honour someone you love. The handmade, bespoke tree is located in the Room for Reflection at the hospice and incorporates 410 elegant gold, silver and bronze leaves which can be engraved with the name of your loved one, as a lasting tribute.

To find out more, please contact our Relationship Giving Manager, Scott Hill on 01642 811145 or scotthill@teessidehospice.co.uk.

We support over 4,000 people every year, but it costs £20,500 each day to provide our services free of charge. It's thanks to our supporters that we're able to do this. If you'd like to find out more about donating to Teesside Hospice, scan the QR code.