



BIRMINGHAM
ST MARY'S
HOSPICE

TELEPHONE BEREAVEMENT SUPPORT

Support for people coping
with the loss of a loved one

Our free bereavement service:

- Offers a safe and supportive way for people to explore and express feelings of grief
- Helps people make sense of their bereavement, work through difficult feelings and adjust to a 'new kind of normal'
- Provides valuable space for people to reflect on the past, present and future without their loved one
- Allows people to explore and find helpful coping strategies.

Referrals

If you have a client* you feel would benefit from this service, please call Beth Hopkins, Bereavement Counsellor on **07966 165 287**.

Client referrals can also be made using our online referral form – www.birminghamhospice.org.uk/bereavement-referral

*You will need to obtain client consent before referring them to the service. If needed, your clients can also self-refer by contacting our team directly on the above telephone number.

