

Local Support

Carers Support West Sussex	https://www.carerssupport.org.uk/	0300 028 8888
Cruse West Sussex	https://www.cruse.org.uk/get-support/local-support-phone/	0808 808 1677
Healthwatch West Sussex	https://www.healthwatchwestsussex.co.uk/advice-and-information/2020-03-26/someone-i-love-has-died-where-can-i-find-support	
Jigsaw South East - provides information, advice and guidance to help support bereaved children and young people and those facing the death of a loved one	https://www.jigsawsoutheast.org.uk/	01342 313895
Switchboard - (Brighton & Hove) recognises that many LGBTQ people face additional challenges when it comes to bereavement	https://www.switchboard.org.uk/what-we-do/grief-encounters/	01273 234009
West Sussex Wellbeing - Useful resources and signposting.	https://www.westsussexwellbeing.org.uk/topics/healthy-mind/bereavement-loss	

St Barnabas House,
Titnore Lane, Worthing, West Sussex, BN12 6NZ

 www.stbh.org.uk

Registered Charity Number: 256789

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National Support

AtaLoss - provides advice on bereavement and signposting to support.	https://www.ataloss.org/Pages/FAQs/Categories/organisations-that-can-help?Take=24	
CarersUK - helps carers deal with the emotional and practical impact of bereavement.	https://www.carersuk.org/help-and-advice/practical-support/when-caring-ends-or-changes/	
Child Bereavement Network - sources of bereavement support for children	https://childhoodbereavementnetwork.org.uk/	
Child Bereavement UK - helps children and young people (up to age 25), parents and families to rebuild their lives when a child grieves or when a child dies	https://www.childbereavementuk.org/	0800 028 8840
The Compassionate Friends - provide support for bereaved parents and families.	https://www.tcf.org.uk/	0345 123 2304
Death Cafes - are discussion groups (rather than grief support or counselling)	https://deathcafe.com/	
Family Lives - provides advice and links for how to cope when a child or baby dies; loss in pregnancy; supporting bereaved children and young people	https://www.familylives.org.uk/advice/your-family/family-life/coping-with-bereavement	
Grief Encounter - provides free, one-to-one support to children and young people who have suffered a bereavement	https://www.griefencounter.org.uk/	0808 802 0111
Hope Again - the youth website of Cruse Bereavement Care	https://www.hopeagain.org.uk/	
Jewish Bereavement Counselling Service - supports Jewish individuals experiencing loss and bereavement	https://jbcs.org.uk/	020 8951 3881

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Let's Talk About Loss - an online "grief club" for young people aged 18-35	https://letstalkaboutloss.org/	
Mind	https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/about-bereavement/	
Muslim Bereavement Support Service - serves the Muslim community by supporting bereaved women who have lost a loved one.	https://mbss.org.uk/	020 3468 7333
Take Our Hand - offers bereavement support to 16-25 year-olds	https://www.takeourhand.org.uk/	
WAY (Widowed & Young) - peer-to-peer support for anyone who has lost a partner before their 51 st birthday	https://www.widowedandyoung.org.uk/	
Winston's Wish - one-off and ongoing bereavement support following the death of a parent or sibling for children, young people and those who care for them	https://www.winstonswish.org/	0808 8020 021
Young Minds - information for young people and signposts where to go for further support.	https://www.youngminds.org.uk/	

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Accessing private counselling

Accessing private counselling gives you the freedom to choose a counsellor who feels most appropriate for you. It also enables you to access counselling for as long as you feel you need it.

When searching for a counsellor you might have some questions and there are some important things to take into consideration.

How do I know my counsellor is qualified to support me?

When looking for a counsellor, it's very important that they are registered with a professional body, such as the BACP (The British Association for Counselling and Psychotherapy). This indicates that the counsellor has recognised qualifications and they are working to high standards of practice within the profession.

What type of counsellor should I choose?

There are many different types of counsellors available, however, research continues to show that the biggest indicator for success in therapy, is a good therapeutic relationship. So, rather than focussing on the "type" of counsellor, focus on whether you feel comfortable with the person you choose to work with. Therefore, it is important to consider issues such as gender, age, sexuality, race, and cultural background. You may also want to take some time to ask your counsellor about the types of presenting issues they have worked with before, that are relevant to you. Most counsellors offer free consultations over the phone or face to face. Don't be afraid to have a few intro calls or meetings with therapists to find the right one for you.

How much will it cost?

Private counselling comes at a cost. You are being supported by a professional individual with the skills and knowledge to support you with whatever has brought you to counselling.

The cost of counselling can vary significantly, the average cost is between £40 and £80.

However, if the cost is a concern for you, a lot of counsellors will offer a reduced rate for people on low incomes, so it is worth asking the counsellor you speak to whether this is an option.

You can find a therapist here:

<https://www.bacp.co.uk/search/Therapists>

<https://www.counselling-directory.org.uk/>

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