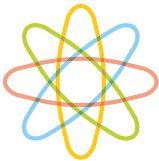


Marie Curie Wales Bereavement
Information and Support Services

Bereavement support



diverse
cymru

Promoting equality for all
Hyrwyddo cydraddoldeb i bawb



Ariennir yn Rhannol gan
Lywodraeth Cymru

Part Funded by
Welsh Government





Bereavement counselling

Grief is a natural response to losing someone you care about. Everyone's experiences of grief are individual, and it may affect you in different ways at different times.

You might feel that you aren't grieving properly, or that you are responding differently to the bereavement than another family member or friend. You might be struggling with your emotions and feel like you can't cope with your day-to-day life. If you're experiencing these feelings, it's important to get support.

For some, counselling can be helpful following a bereavement. If you think you might benefit from bereavement counselling, you can call us on **0800 090 2309*** or visit the Wales Bereavement Information and Support Service on mariecurie.org.uk

where you can fill in an online referral form or speak to one of the team using our online chat function.

Counselling is offered throughout Wales with a qualified counsellor. It can be delivered face to face where available, by telephone or virtually.

Marie Curie Bereavement Support Service

If you want to talk to someone following a bereavement, we're here for you.

The Marie Curie Bereavement Service is a free, national telephone-based service for people who might want to have ongoing support, from the same volunteer, over the phone.

Whilst not a counselling service, the service can provide you with a listening ear and a safe space to talk about your loss and how you are feeling. You can access up to six telephone sessions of up to 45 minutes.

Whether your bereavement was expected, happened recently or was some time ago, we can help. You can call us on **0800 090 2309*** or visit mariecurie.org.uk/help

* Visit mariecurie.org.uk/support for opening times.

Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes. Calls are confidential. This service is available for adults aged 18 or above.