

# Grief Support



Grief Support is a wellbeing service offering emotional support. The service is for adults who want to talk about their loss, who are able and willing to engage with the team member who is supporting them, and who will attend a series of prearranged sessions at fixed times, over a period of three months.

For your own safety, we are unable to work with individuals:

- with complex mental health issues, including people currently receiving care from mental health services
- who are experiencing a prolonged grief reaction
- who need help with multiple issues in addition to their grief
- with substance misuse issues
- with current risk of suicide indicated by either/or suicidal ideation (thoughts), with evidence of intent and/or plans, or recent suicide attempt or self-harm event. If any of these apply to you, please call the local 24/7 Mental Health Crisis Line on 0800 028 8000 or Samaritans on 116 123.

This list is not exhaustive; we assess referrals on a case by case basis.