

Useful telephone numbers

Samaritans 01274 547547
Childline 0800 1111
Guideline 01274 594594
BRI Hospital 01274 542200
St.Lukes Hospital 01274 734744
Airedale Hospital 01535 652511
NHS Direct 111
Police 101
Bereaved Parents 01274 582962
Bradford Cancer Support 01274 776688
Cot Death Support 01274 582962
Crisis Call 0800 501 254
Cruse 01756 797799
Miscarriage Association 01924 200799
No Panic 0800 138 8889
Pet Bereavement 0800 096 6606
Survivors of Bereavement by Suicide
0844 561 6855
Compassionate Friends 08451 232304

What our clients say

*"Counselling provided me
with a safe space to be heard"*

*"It helped me by listening
and not making
judgements"*

*"My counsellor was fantastic
and helped me a great deal"*

*"Your counsellor was an
excellent ambassador for
your service"*

**BBS gratefully acknowledges
donations from our clients
and the efforts of members**

**If you would like to make
a donation please contact us.**

FUNDED BY



**Bradford Districts
Clinical Commissioning Group**



BRADFORD BEREAVEMENT SUPPORT

Our aim is to provide a high quality
bereavement counselling service for
people in the Bradford area.

**The service is free and confidential
For more information**

telephone 01274 619522 or

mobile 07946 131940

Monday to Friday between 09:30am and 1:30pm

**At other times, please leave a message
and we will get back to you**

**email: info@bradfordbereavement.org.uk
www.bradfordbereavement.org.uk**

Registered Charity No: 1137624
Company No: 7321391

Why bereavement counselling?..

Everyone responds differently to bereavement and working through grief takes time.

Some common feelings can be:

Profound sadness and pain - at the loss of someone important in our lives.

Guilt - perhaps there was something we feel we could or should have done.

Anger - even towards the person who has died.

Talking to relatives and friends may be an important part of expressing grief and coming to terms with it. However, it can be helpful to talk to someone not personally involved who will listen without needing to talk about themselves, who won't say 'pull yourself together' or 'it's time you got on with your life'.

Anniversaries or other reminders can bring powerful memories which are very personal and there are days and events that might mean so much to one person and nothing to others.

Who is it for?

Any one aged 16 years or above in the Bradford area who is affected by bereavement can contact Bradford Bereavement Support. Our aim is to offer, equal access to our service irrespective of sexual orientation, religion or belief, ethnic background, disability or culture.

Appointments?

We can only make appointments with those personally affected by bereavement, although we welcome requests for information from concerned professionals, relatives and friends.

We are also able to offer pre-bereavement support and in special circumstances telephone counselling.

How long does it take?

Counselling sessions are usually an hour long. The number of sessions is always determined by individual needs. There will be opportunities to review progress and the decision to end counselling is yours.

What is Bradford Bereavement Support?

Bradford Bereavement Support was established in 1984 by a group of concerned volunteers and has developed a team of trained volunteer counsellors who offer individual bereavement counselling. They have all undergone rigorous training in counselling skills and bereavement issues.

Before working with clients, these counsellors have been carefully assessed. They receive continuing training and regular supervision by a qualified professional counsellor.

The organisation is non-profit making, has a voluntary management committee and is entirely dependent upon a range of grants and donations.



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