

Bereavement support

Compassionate expertise for you and your family

What is bereavement counselling and how can it assist you?

Bereavement counselling is a confidential discussion with a specially trained professional who can support you to explore the impact of your loss and identify strategies for coping as well as possible.

Who can use the service?

- Family and friends of someone who died at a HammondCare hospital or was known to a HammondCare community service
- Family and friends of someone who died at any publicly funded Northern Sydney Local Health District hospital (see map) and who was known to a palliative care service
- Family and friends living in the Northern Sydney Local Health District whose family member died outside of this area and was known to a palliative care service

Counselling is available for individuals, couples and families.

Bereavement counselling can assist you to:

- Identify, understand and express your feelings
- Access your own resources and ways of coping
- Access information about the grieving process and what you may expect
- Have an opportunity to talk about the deceased person
- Understand your grief and its impact
- Adjust to a new life in the absence of the deceased person
- Discuss concerns with a sensitive and skilled professional

You can expect your counsellor:

- Will listen and learn about your experience of grief
- Will support you to manage your own grief in your own way
- Will provide information and strategies that might be helpful
- Won't tell you how you should or shouldn't think or feel
- Won't need to be protected from your pain and tears

Bereavement counselling may be useful if:

- Things feel like they are getting worse over time
- Your grief is having a negative impact on your relationships with others
- You are wondering how best to support your children, partner, parent or other family members
- You feel like there is no one else you can talk to about what you are going through or you are unable to speak about your family member with others
- You feel stuck in one feeling (e.g. anger or guilt) for a long period
- You have persistent, distressing memories about the events surrounding your family member's death
- There are questions or challenges you wish to talk through with someone impartial

How much does it cost?

Our bereavement counselling service is **FREE**.

How many counselling sessions should I have?

Some people attend for a single session; some attend regular weekly, fortnightly or monthly appointments; and others check in as and when they need to.

There are no rules about how often you should attend counselling. You and your counsellor will discuss what arrangements may be most helpful.

Groups

Sometimes people may find it useful to connect with others who are experiencing similar challenges following the death of a family member.

Our Bereavement Counsellors facilitate groups to provide opportunities to explore the challenges of grief and the things that help people to cope. We have run groups in the past for people raising children following the death of a spouse, for men grieving the death of a partner and to provide support around getting through Christmas.

To register your interest in participating in a group please contact one of our bereavement counsellors on 1800 427 255 or email bereavement@hammond.com.au

HammondCare Information Resources

HammondCare's Bereavement Service has compiled a number of brochures to provide information about the experience of grief.

These are available online at www.hammond.com.au/research/dementia-resources/resources-for-grief-or-palliative-care

Northern Sydney Local Health District Map

If you are a family member or friend of someone who died at a HammondCare hospital or was known to a palliative care service at any publicly funded Northern Sydney Local Health District hospital, you can access HammondCare's bereavement support service.



How can I access the service?

The service can be accessed face to face, online via webcam and over the phone.

Bereavement counsellors are located at each of the three HammondCare hospitals in Northern Sydney:

- Greenwich Hospital, Greenwich
- Neringah Hospital, Wahroonga
- Northern Beaches Palliative Care Service, Mona Vale

If you are unable to access one of these locations, appointments at home may be arranged in exceptional circumstances.

To make an enquiry or to arrange an appointment, please feel welcome to contact us Monday to Friday, 8.30am to 4.30pm, at the location most convenient to you.

 1800 427 255  bereavement@hammond.com.au