



The Bereavement Service at Blythe House Hospice

What type of bereavement support might be needed?

Grief is normal after bereavement, yet people experience it in many different ways. NICE guidelines* suggest that bereaved people tend to fall into one of three categories, each with a different level of support needed. If you are considering bereavement counselling for your patient, please use the table overleaf to check whether this level of intervention is appropriate.

How do you refer patients for bereavement counselling at Blythe House?

Please either write us a letter at the address below or telephone with the name and contact details of the bereaved person and the reason for the referral.

The Counselling Team

Blythe House Hospice Eccles Fold Chapel-en-le-Frith High Peak SK23 9TJ
Tel: 01298 875087 Fax: 01298 814744

We will then make an initial appointment for a counselling assessment, at which we will discuss their needs with the bereaved person and determine whether counselling is appropriate. If appropriate, a suitable counsellor or psychotherapist from the team will be identified, who will then arrange the counselling sessions directly. If other services or actions are more appropriate, we will facilitate a referral and advise you of the outcome.

Counselling sessions are usually at the same time and day of the week. Eight sessions or less are often sufficient to help bereaved people to identify ways in which they can help themselves.

* "Improving supportive and palliative care for adults with cancer", published by the National Institute for Clinical Excellence, contains a chapter on services for family and carers including bereavement support. The three-level model is shown overleaf. We believe it gives a useful way to think about the needs of any bereaved person and follows best practice.

NICE Bereavement Model

Levels of support needed	Support available at Blythe House	How to access it
<p>Level 1: Information</p> <p>For most people, support from family and friends is sufficient. However, many lack understanding of the grieving process. All bereaved people should be offered information about the experience of bereavement and how to access additional support should they need it.</p>	<p>The counsellors at Blythe House have produced and distributed a leaflet called “Information for the recently bereaved” which aims to help people understand their own responses and needs. This leaflet includes contact information for Blythe House and other organisations in the area that provide support for the bereaved.</p>	<p>The leaflet has been distributed to GP surgeries and further copies can be obtained from Blythe House.</p>
<p>Level 2: Sharing</p> <p>Some people value a more formal opportunity to review and reflect on their loss experience, but this does not necessarily have to involve professionals. Self-help groups, faith groups and community groups will provide much of the support at this level.</p>	<p>Blythe House hosts “Circle of Friends” which is a self-running social group for anyone who has experienced bereavement and wishes to meet and socialise with others who have similar experience.</p>	<p>For more information, contact the counselling team on 01298 875087.</p>
<p>Level 3: Professional</p> <p>After a time, a minority of people may still be unable to deal with feelings of loss and grief, sometimes because of complicating factors for example, when there are multiple losses, the bereaved person cares for others or the death was sudden or violent or happened in another country. This is when the specialist interventions of a professional may be required.</p>	<p>At Blythe House this level of support is provided by counsellors and psychotherapists who are trained and experienced in working with bereaved people. Adults and children/young people (aged 4 to 18) can be referred for counselling at Blythe House if they are bereaved (no matter what the cause of death), living in the High Peak area and having difficulty adjusting to their loss.</p>	<p>Referrals can be facilitated by GPs; other health professionals; professionals at school or work; concerned friends or relatives. Also, people who need support can refer themselves.</p> <p>To make an enquiry, contact the counselling team on 01298 875087 or write to us at: Blythe House Hospice, Eccles Fold, Chapel-en-le-Frith, High Peak, SK23 9TJ.</p>