

## Children's Services

# Bereavement counselling and follow up service

Grief is one of the most painful experiences any one of us may go through. It takes many forms – there is no set pattern and people react in many different ways. Some people find it useful to talk through their feelings with someone who is not a family member.

### **Bereavement counselling and support**

If you would like to speak with a counsellor practitioner to talk through any issues that may arise from your bereavement process, please do not hesitate to contact the child and family support team at any time. We will endeavour to help, or try to put you in contact with other bereavement services nearer to your home.

### **Who is the service for?**

The service is available for bereaved families whose children have died at Addenbrooke's Hospital or within the community.

If you feel unable to make contact yourself but would like a counsellor practitioner to contact you, please ask your GP, health visitor, friend or relative to do this for you.

### **How does the follow up service work?**

Following the death of your child, we will invite you back to talk through and answer any questions you may have surrounding your child's illness or death. This meeting will normally be with a specialist consultant, a counsellor practitioner and/or a nurse who was involved with your child's care. It will normally take about an hour, depending on your needs. We can then arrange any further follow up you may require. This meeting can take place at any time following the death; there is no time limit.

### **Family events**

We also run events that you will be given the opportunity to attend, where families can meet up for mutual support, in the form of coffee mornings and an annual family day. Invitations will be sent to you and you can decide whether you would like to attend any of the events.

## How can I make contact with a counsellor?

You can telephone the numbers below and each number has an answering machine:

- Lead Counsellor Practitioner: 01223 216815
- Counsellor Practitioners: 01223 256312 or 01223 596416

### Or Write to:

Counsellor Practitioners  
Child and family support team  
Box 267  
Children's Services  
Addenbrooke's Hospital  
Hills Road  
Cambridge  
CB2 0QQ

Please leave a message with your name and telephone number and your call will be returned within a few days.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



### Document history

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