



Newham  
Bereavement  
Service

Delivered by Mind in  
Tower Hamlets and Newham

# Coping with grief and loss

**Dealing with grief and loss is  
always painful, if you are struggling,  
we are here to help and support you.**

**We offer a range of support including:**

- Bereavement Counselling;
- Group counselling and workshops
- Advice and Information

**Our services are Free and Confidential**

You can contact us on:

Tel: **020 7510 1081** or **020 7510 4268**

Email: **nbs@mithn.org.uk**

Website: **mithn.org.uk**

655 Barking Road, London E13 9EX

 **mind**  
Tower Hamlets  
and Newham

# The Newham Bereavement Service

**This service is for people living in Newham who have experienced grief, loss and bereavement.**

**We offer a range of support services which include:**

- Bereavement Counselling
- Early Bereavement
- Complex bereavement support
- Specialist bereavement support for LD/Autism
- Group Support
- Advice and Information
- Bereavement Cafe



# Bereavement Counselling

**Most people will experience bereavement at some time in their life. Everyone reacts to their loss in their own unique way.**

We offer one to one counselling for 6 weeks which will provide you with a safe and confidential space to explore your thoughts and feelings.

Early Bereavement support offers immediate access to support for 1 or 2 sessions.

Complex bereavement support offers

6-12 sessions and signposting to additional support where required.

## Group Support

**Our weekly support group is available to everyone.**

This is an informal group offering a space to talk to others, share your experience and gain support from the group and the facilitator.

Throughout the year we will also run short therapeutic groups – information available from the team.

**The counselling service is accredited by the British Association for Counselling and Psychotherapy (BACP).**



# Advice and Information

We recognise that there are many practical issues to face following a death of a family member. We have an advice booklet available and can signpost you to local Advice Agencies.

There is also a vast amount of information available on the Citizen Advice Web site [www.citizenadvice.org.uk](http://www.citizenadvice.org.uk)

## Complementary Therapy

Complementary therapies are not an alternative to conventional medical treatments; they work alongside them to promote feelings of wellbeing and relaxation. They can also help with the emotional and physical symptoms you may be experiencing.

**We offer a range of therapies available on request.**



# To make a referral:

## To make a referral to our service you can:

Call us on **020 7510 1081** or **020 7510 4268** for the Newham Bereavement Service and you will be put through to the coordinator.

Or email us at: **[nbs@mithn.org.uk](mailto:nbs@mithn.org.uk)**



## Feedback and Complaint

If you have any feedback, comments, suggestions or complaints please contact our main office on **020 7510 1081** or **020 7510 4268** or email **[info@mithn.org.uk](mailto:info@mithn.org.uk)**.



## How to find us

655 Barking Road, London E13 9EX

### Tube

District Line to Upton Park

Upton Park to office which is a 10 minute walk.

Or Canning Town - Jubilee Line or Dockland Light Railway, then bus.

### Bus

From Canning Town: 5, 115

From East Ham: 5, 115

From Upton Park: 330

### DLR

To Canning Town then a bus.