

HOPE THERAPY & COUNSELLING SERVICES

Bereavement Counselling

When grief changes everything.

Qualified bereavement counsellors offering a confidential space to grieve at your own pace — online across the UK or face-to-face across England. No rush. No agenda but yours.

NCPS ORGANISATIONAL MEMBER

ONLINE & IN-PERSON

FROM £65

FREE 15-MIN CONSULTATION

THERE IS NO RIGHT WAY

If you have lost someone, you already know that grief is not one feeling

"Grief can be sudden and sharp, or it can settle over you slowly, like something heavy you cannot quite put down. A song, a smell, a gap at the table where someone used to sit."

You might feel sadness so deep it is hard to describe. You might feel anger — at the person who died, at the circumstances, at yourself. You might feel numb, going through the motions but not really present. You might feel guilt about things said or unsaid. You might feel all of these things in the same afternoon, and none of them the next morning.

There is no right way to grieve. And there is no timeline. If someone has told you that you should be feeling better by now, or that you need to move on — those words, however well-intentioned, can make the loneliness of grief feel even sharper.

Whatever you are experiencing right now is a natural response to losing someone who mattered to you.

GRIEF TAKES MANY FORMS

All of these experiences deserve to be taken seriously

Sudden loss

Death that came without warning — accident, heart attack, suicide — where there was no time to prepare and the shock can take a long time to lift.

Loss after illness

Grief watched unfold over months or years. The exhaustion of caring, the anticipatory grief, and the way loss can feel both expected and still completely overwhelming.

Complicated grief

When the relationship was difficult — estrangement, unresolved conflict, ambivalence — and grief comes tangled with anger, guilt, or relief that is hard to make sense of.

Loss others may not fully recognise

Miscarriage, stillbirth, the loss of a pet, a friendship, or a relationship. Grief that is real and valid even when the world around you has moved on.

Professional registration: Hope Therapy & Counselling Services holds NCPS Organisational Membership covering our counselling and psychotherapy services. Sessions are confidential; there are limited exceptions and your therapist will explain these clearly at the outset.

WHY GRIEF CAN FEEL SO OVERWHELMING

The depth of your grief often reflects the depth of your connection

Grief is not an illness. It is the human response to loss — and when that loss is significant, the response can be overwhelming. That is not a problem to be fixed. It is a measure of how much someone meant to you.

When grief persists or intensifies — when it makes it hard to sleep, to eat, to work, to be present with the people around you — it does not mean something is wrong with you. It may mean that you need a space where someone can sit with you in it, without trying to rush you through it.

HOW BEREAVEMENT COUNSELLING CAN HELP

Finding a way to carry it — not get over it

When people around you do not know what to say — or have stopped asking how you are — counselling can offer something different. A professional, confidential relationship with someone who understands grief, who will not try to cheer you up or tell you to look on the bright side, and who can help you make sense of what you are experiencing.

Bereavement counselling is not about getting over a loss. It is about **finding a way to carry it** — to live alongside your grief rather than being consumed by it. Your counsellor may help you explore the feelings you have not been able to express, understand the patterns that have emerged since the loss, and begin to find your own way forward, at whatever pace feels right.

For some people, counselling helps them process specific moments — the last conversation, the things they wish they had said, the anger they feel but cannot explain. For others, it provides a regular space where they do not have to be strong, or fine, or coping. Both are equally valid reasons to reach out.

No rush

There is no fixed programme, no agenda beyond what matters to you, and no pressure to reach a particular point by a particular session.

No right timeline

Some people reach out in the early weeks. Others come months or years after a loss. There is no wrong time to seek support.

Honest about outcomes

We do not promise specific results. Results vary between individuals. Counselling is a collaborative process led entirely by you.

HOW WE WORK WITH BEREAVEMENT

Several approaches — your therapist will work with what feels right

Counselling

A person-centred, non-directive space to talk about your loss at your own pace. Your counsellor follows your lead — no agenda beyond what matters to you. From £65.

CBT

Helpful when grief has become entangled with persistent negative thought patterns affecting daily functioning. Practical, structured, and skills-based. From £65.

Mindfulness (MBCT)

Supports you in staying present with difficult emotions rather than being overwhelmed — learning to sit with grief without being swept away. From £65.

WHAT TO EXPECT WHEN YOU REACH OUT

We make it as straightforward as possible

1 A free 15-minute consultation

A brief, relaxed conversation where we listen to what you are going through and answer any questions. No pressure to commit — many people tell us the call itself helped them feel a little clearer.

2 We match you with a counsellor

Based on what you tell us, we carefully match you with a qualified bereavement counsellor from our team of 90+ therapists — someone whose approach and experience fit your needs. If the first match doesn't feel right, we'll find someone who does at no extra cost.

3 Begin at your own pace

Sessions online via Zoom or face-to-face across England. Your therapist works at your pace — no rush, no fixed programme. Sessions typically weekly from £65. Reduced rates may be available — ask during your consultation.

WHAT OUR CLIENTS SAY

Client experiences

“

I first went following a bereavement, and it is an understatement to say my therapist helped me so much. Never before had I found someone that made me feel instantly comfortable, and in a position where I could trust and explore my most vulnerable self.

CLIENT — BEREAVEMENT SUPPORT

“

After a life-changing loss, I needed help understanding who I was now. My counsellor was amazing and very perceptive. I learnt so much about myself and have been able to move forward with my life.

CLIENT — GRIEF SUPPORT

“

The sessions gave me a space where I did not have to pretend to be okay. For the first time in months, I felt someone genuinely understood what I was going through. That made all the difference.

CLIENT — BEREAVEMENT SUPPORT

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Frequently asked questions

How do I know if I need bereavement counselling?

There is no right or wrong time to seek support after a loss. Some people find it helpful in the early weeks; others reach out months or years later. If grief is affecting your daily life, relationships, sleep, or ability to function in ways that feel unmanageable, speaking to a qualified counsellor can help you make sense of what you are experiencing.

Is bereavement counselling available online?

Yes. All our bereavement counsellors offer sessions online via Zoom or telephone, available across the UK. Face-to-face sessions are also available across England if you prefer.

What happens in a bereavement counselling session?

Your sessions are led by you. Your therapist will listen without judgement and help you explore your feelings at your own pace. There is no pressure to talk about anything you are not ready for. Some people want to talk about the person they have lost; others focus on how the loss is affecting them now. Your counsellor works with whatever feels right.

Is bereavement counselling confidential?

Yes. Sessions are confidential. There are limited circumstances where this may need to change — for example, if there is a serious risk of harm to you or others. Your therapist will explain these clearly before you begin.

How much does bereavement counselling cost?

Sessions start from £65 per 50-minute session. All costs are discussed during your free 15-minute consultation before you commit to anything. Reduced-rate sessions may be available — ask during your consultation.

TAKING THE FIRST STEP

Taking the first step can feel daunting — especially when you are grieving

There is no pressure to have the right words, or to know exactly what you need, or to be at any particular point in your grief before you reach out. The free consultation is simply a chance to talk — to be heard — and to find out whether counselling might help.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service and are not able to provide support for active self-harm or suicidal ideation. If you are in immediate need, please contact one of the services below.

999 — Emergency services · **Samaritans: 116 123** — Free, 24/7 · **SHOUT: text 85258** — Crisis text, 24/7

Grief is not something to get over. It is something to learn to carry.

Hope Therapy & Counselling Services offers bereavement counselling, CBT, mindfulness, and a range of other therapeutic approaches — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners includes therapists with experience in grief and loss.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

The Talk Room Podcast — Episode 14: Navigating Bereavement. Honest conversations about different types of loss and how counselling can support the grieving process. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.