#### Who are we?

The Guernsey Bereavement Service is a voluntary, confidential, low-cost counselling service available for adults in the Bailiwick of Guernsey experiencing any type of loss.

The aim of the service is to help support people experiencing grief through loss, regardless of the circumstances or how long ago it occurred.

### What do we do?

We provide emotional support for any adult struggling to come to terms with loss, whether this is a bereavement, relationship, pet, career, or role, or any other type of loss. We give you the opportunity to talk through issues in a non-judgemental and safe atmosphere.

We offer sessions by appointment with trained volunteers, where you will be listened to and supported in your journey though grief. For many people just being able to talk through their situation can be a means of relief from challenges that suffering a loss may bring.

#### **Our volunteers**

Our volunteers are drawn from varied backgrounds and undergo training (both initial and ongoing) to maintain the highest possible standards.

All volunteers working with clients receive regular independent supervision and abide by the code of ethics of the National Counselling Psychotherapy Society. This code emphasises the importance of confidentiality, as does our compliance with Data Protection Laws.

# Is there a charge?

The Guernsey Bereavement Service requests a small donation of £20 per counselling session. However, noone will be refused help if they cannot afford to donate. We are also grateful for any extra donations.

## **Next Steps**

If you think we can help you, please contact us:

Telephone: 257778

Email: admin@gbs.org.gg

The Guernsey Bereavement Service LBG Kingsland House, Les Basses Capelles, St Sampson's, GY2 4WE

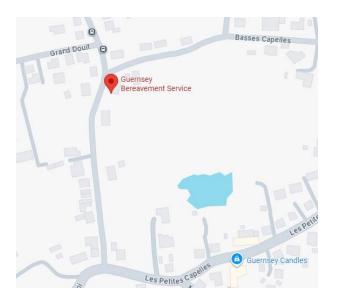
Perry's Guide ref: 9G2

What 3 Words: cost.adverb.radiated

Company No: 43996

Registered charity No: 0008

Website: www.guernseybereavementservice.com



Bereavement is a part of life we all experience at some time.

It can be extremely painful and distressing, turning your life upside down.



Here to listen. Ready to help.