

Psychological and Emotional Support (PES)



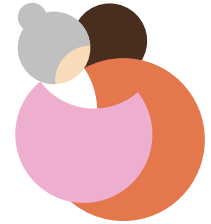
Your local hospice

Bereavement Counselling Service

Information for GPs and professional referrers.

Service summary

Specialist pre- and post-bereavement counselling for adults, children and families affected by bereavement or life-limiting illness in Hillingdon.



Who can be referred

Please refer individuals who meet all of the following:

- ✓ Bereaved adults aged 18+
- ✓ Children and young people aged 4 to 17, and their families
- ✓ Individuals experiencing anticipatory grief related to life-limiting illness
- ✓ Grief is the primary issue impacting daily functioning
- ✓ The individual understands the referral and agrees to attend counselling
- ✓ The individual is motivated and able to attend sessions consistently

This service may not be suitable for individuals who are:

- ✗ Already engaged in therapy elsewhere
- ✗ Residing Outside the London Borough of Hillingdon
- ✗ Experiencing a Mental Health Crisis or Unmanaged Psychiatric Illness

Criteria Requiring Team Discussion:

- ✗ Have an active addiction or substance misuse that would prevent engagement
- ✗ At risk of self-harm or suicide that require immediate statutory intervention

Safeguarding concerns identified during referral or assessment are managed according to the Hospice Safeguarding Policy. Our counselling services follow strict data-protection, confidentiality.

For more detail on eligibility, please check [harlingtonhospice.org/criteria](https://www.harlingtonhospice.org/criteria)

What we offer

Adults

- Initial assessment followed by up to 6 counselling sessions
- Up to 12 sessions where clinically appropriate

Children and young people

- Individual counselling
- School-based sessions where appropriate
- Parent support and family work

Families

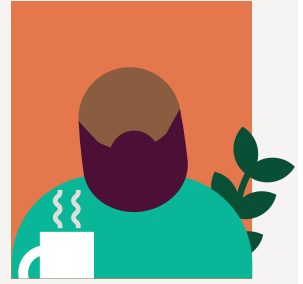
- Pre- and post-bereavement support
- Group support and creative workshops

Sessions are delivered by qualified counsellors or supervised trainees.

How sessions are delivered

- Initial assessment is face to face or by telephone
- Online or telephone counselling may be offered following assessment
- Suitability for remote sessions is determined clinically

Please consider whether the individual can attend in person for assessment and ongoing sessions.



What happens next

1

Referral form received and reviewed

2

Initial assessment offered

3

Suitability for counselling confirmed

4

Counselling offered or alternative support signposted

Not all referrals will progress to counselling. Assessment helps ensure the service is appropriate.

Before referring

Please check that the patient understands:

- Counselling is time-limited
- Attendance and engagement are essential
- The assessment determines suitability for therapy

Referrals made without patient consent or readiness significantly increase non-attendance.

Locations

Michael Sobell House

Mount Vernon,
Rickmansworth Road,
Northwood HA6 2RN

Lansdowne House

St Peters Way, Harlington,
Hayes UB3 5AB

Equality and inclusion



We are an inclusive service, respectful of religious, cultural and spiritual grieving traditions.

How to refer

- Email pes@harlingtonhospice.org for referral forms
- More information at [harlingtonhospice.org/counselling](https://www.harlingtonhospice.org/counselling)
- Telephone **0208 897 2129**

