

## Coronavirus – Living With Bereavement

Losing a loved one is always difficult but the coronavirus pandemic has created new and different challenges to bereavement.

Whatever the cause of your bereavement, there may be restrictions in place that impact on the ways you would choose to say goodbye. Many people have found themselves isolated and cut off from their usual support network.

With loss or bereavement, it is common to experience a range of emotions and unexpected feelings. DHC Talking Therapies is here to help by providing a space to voice, explore and understand these emotions.

A new range of psychological therapies are now available at this difficult time. We are able to offer Cognitive Behavioural Therapy (CBT) and Counselling to help support a natural and healthy grieving process. Therapy is available via video or phone or you can choose one of our online modules with support from a therapist if you would prefer an alternative approach to work through at your own pace.

Our NHS service is free, confidential and available throughout Surrey for people 17+ who are registered with a Surrey GP.

You can referral yourself, or ask your GP or health professional to refer you.

### Refer yourself to DHC Talking Therapies

Go online:

[dhctalkingtherapies.co.uk/self-referral](https://dhctalkingtherapies.co.uk/self-referral)

Call:

01483 906392

