Nottinghamshire Hospice

# Our Care

## Counselling & Emotional Support

Our care is person-centred, non-judgemental and free of charge; it's a safe space for you to feel heard and understood. We offer both one-to-one support and peer support groups, and our friendly team will help you decide which might be better for you.

If you are over 18 and have been affected by a incurable illness as a patient, or you are struggling with the bereavement of a loved one, and your GP is within Nottinghamshire, our Counselling and Emotional Support team may be for you.



**Get in touch today on:**

**0115 962 1222** **info@nottshospice.org**

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## One-to-one support

We offer up to 8 weekly sessions of individual support - either in person, online or by telephone; all arranged at a mutually convenient time. Our team comprises of both qualified and student counsellors, along with trained emotional support volunteers.



## Group Sessions

Our Bereavement Buddies social groups are peer-led, with support from our trained staff and volunteers. We have regular dates throughout the month in a variety of locations, including an online group.

These are drop-in groups, so there is no need to book, and no commitment required - just turn up! You will always be offered a warm welcome. We understand that everyone deals with their grief differently so you can come along to the groups for as long as you need to.

**Check nottshospice.org for the most up-to-date information. You can refer yourself by contacting during office hours.**

**Get in touch today on:**

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