



BEREAVEMENT SUPPORT

We're with you

**We will all experience grief and loss in our lives.
How this impacts us can be different for everyone.**

Each individual experience of grief is unique and can depend on many factors. There is no correct way to grieve. Some may be able to find their own way through grief while others may feel the need for some help and support. The Bereavement Service at Beatson Cancer Charity can help, from information and advice to more structured support.

“It’s a complete necessity to have a service like that available because people can’t just be expected to carry on.”

Jamie Barrett, mum passed away in May 2022

“Having someone to speak to about personal grief on both good and bad days, about feelings you wouldn’t necessarily want to discuss with family or friends, will be a lifeline to many.”

Kerry McHugh, sister passed away in 2017

WHAT WE OFFER



Information and Advice

If you are looking for some advice, we can help. Our specialist team offer support, advice and guidance when navigating the resources available and identifying which ones are most suitable for you.

1-2-1 Support

Our team will spend time talking with you and understanding the areas of your grief that you find challenging. They will work with you to identify a support pathway which is tailored to you and your needs.



Group Support

We offer a group programme, which aims to support you to take active steps towards building a life that feels full and meaningful. It builds upon your existing coping strategies and resilience by helping you develop ways to respond to painful thoughts and feelings, so they have less impact on your day to day life.

If you are an adult who has been bereaved through cancer and your loved one received care from the West of Scotland Beatson Cancer Centre or other west of Scotland hospitals, please get in touch.

For more information call **0141 212 0505**,
email **Bereavementsupport@beatsoncancercharity.org**
or visit **beatsoncancercharity.org/bereavement-support/**