Bereavement service

Losing someone you love can feel overwhelming and isolating. There is no right or wrong way to grieve. We are here to support you in ways that feel right for you, whether you need someone to listen, professional counselling, or the chance to connect with others who understand.

How we can support you

Our Bereavement Service brings together different types of support for people who have lost someone to leukaemia, MDS, or MPN. You can access one or more of these services at any time. There is no pressure to do everything at once.

Download our leaflet on bereavement support

A listening ear through our helpline

Sometimes you just need someone to listen. Our free helpline offers confidential support from our Patient Services Team, who understand the impact of bereavement after blood cancer.
You can talk about how you are feeling, share memories of your loved one, or ask practical questions about coping with grief.

Our helpline is open Monday to Friday, 9 am to 4.30 pm.

- Call **08088 010 444** (free from landlines and most major mobile networks)
- Email **support@leukaemiacare.org.uk**
- WhatsApp **07500 068 065** (Monday to Friday, 9 am to 5 pm) if you would prefer to write rather than talk

Bereavement counselling

Grief affects everyone differently. Professional counselling can provide a safe, supportive space to explore your thoughts and feelings at your own pace.

Through our Bereavement Counselling Fund, we can pay for counselling sessions for you.

This support is available to:

- Immediate family members of someone who has died from leukaemia, MDS, or MPN
- People who would benefit from short term bereavement counselling

Counselling can take place face to face, by phone, or online. All counsellors supported through the fund are registered with the counselling register.

You can apply online or request a paper form. If you would like to talk it through first, please call our helpline or email **grants@leukaemiacare.org.uk**.

Bereavement support groups

Many people find comfort in talking to others who understand what they are going through.

Our Loss and Bereavement Support Group meets online six times a year in the evening. It offers a safe and supportive space to share experiences and feelings with others who have been bereaved.

We also run a private Facebook Bereavement Group, where you can connect with others at any time of day.

To join either group, please visit our Support Groups page or contact our Support Services Team.

You can also find a direct link to our Zoom signup page for our Loss and Bereavement support group by clicking here.

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Bereavement buddies

If you would prefer one to one support, our buddy service can match you with someone who has also experienced the loss of a loved one due to leukaemia, MDS, or MPN.

This can offer a gentle way to talk with someone who truly understands what you are going through.

Find out more about our buddy service here.

You are not alone

Whether you want to talk once, seek ongoing counselling, or connect with others, we are here for you.

However you choose to reach out, we will listen, support you, and walk alongside you at your own pace.

We also have information about other organisations that support bereaved people.

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