

Who can access the service?

Anyone over the age of 18 who is caring for or has cared for someone who is aged 18+.

If you think Loss and Bereavement Counselling may help, you can either request the service yourself (the address and phone number are below) or ask your Social Worker, GP or The Carers Support Team to do this on your behalf.

Carers Loss and Bereavement Counselling Service,
Wigan Council, Hyndelle Lodge Bungalows, King Street,
Hindley, Wigan, WN2 3AW
Phone: 01942 828771
Mobile: 07786 275 364 / 07786 312 338
Email: ssdfst@wigan.gov.uk

We can make this information available in other formats and languages on request.
Contact us at: Wigan Council, Media and Communications Team, Chief Executive's Services,
First Floor, Town Hall, Library Street, Wigan. WN1 1YN
Email: mct@wigan.gov.uk

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www.wigan.gov.uk

Carers Loss and Bereavement Counselling Service

Carers need caring for too!



Department of Adult Services

Carers Loss and Bereavement Counselling Service

The Carers Loss and Bereavement Counselling Service is free and confidential. All counsellors work within the British Association for Counselling and Psychotherapy Ethical Framework.

Caring for someone who relies on you can sometimes bring practical and emotional problems and may affect your health and wellbeing. Being a carer can be tough.

Perhaps you don't have as much free time as you used to due to your caring role, and perhaps you are always worried about the person you look after.

Loss

Caring for someone can bring with it feelings of loss:

- Loss of independence
- Loss of finances
- Loss of friends
- Loss of spontaneity
- Loss of freedom due to restrictions on your lifestyle

- Loss of the person you are caring for because they are not the same as they were.
- Loss of the relationship you had with the person you are caring for.
- Loss when your caring role comes to an end.

How can counselling help you?

The type of counselling we offer is Person Centred. This means that the counsellor will listen to you, try to help you understand your feelings, make sense of what is happening, and try to find ways of making changes.

Counsellors do not normally give you advice or tell you what to do. The aim is to help you sort things out for yourself, because **you** are the person who knows the most about yourself and your own needs, and so will know more about what will and will not work.

In addition to loss counselling we also offer a bereavement counselling service.

Bereavement

When someone close to you dies, especially if you have been caring for them, many difficult and conflicting emotions can surface, for example:

- Relief
- Anger
- Sadness
- Loneliness
- Loss of identity