

# A fully funded Bereavement Support Service

for those affected by the loss of a baby or child



## Immediate one-off support

Freddie's Wish are partnered with **GriefChat** who offer an online chat from the Freddie's Wish website, this chat is for anyone who has been bereaved and provides immediate online support with qualified bereavement counsellors.

The chat option is available from 9am – 9pm, Monday to Friday [freddieswish.org](https://www.freddieswish.org)

## Bereavement Support

Freddie's Wish are partnered with **Helen**, a bereavement counsellor to provide bereavement support to those who are less than 2 years on from the loss of their baby or child.

This support will consist of **4 virtual support sessions**, including an assessment to help support you through the initial rollercoaster of grief.

## Bereavement Counselling

**Helen** will also be providing bereavement counselling to those who are over 2 years on since the loss of their baby or child.

This support will consist of **12 virtual counselling sessions**, including an assessment and will help you to start to rebuild your life and make sense of the trauma you have experienced.

**Please go to [freddieswish.org/bereavementsupport](https://www.freddieswish.org/bereavementsupport) to fill out our enquiry form to be put forward to Helen at Safe Space, who will be sure to get in touch with you for your assessment.\***



*\*Please be aware, there may be a waiting list for this service*