North London Mental Health Partnership

NHS
Barnet, Enfield and Haringey Mental Health NHS Trust
Camden and Islington NHS Foundation Trust

Bereavement Group
at the Everglade Medical Practice
Start Date: Thursday 10th September, from 16:30 to 18:00.



Barnet Talking Therapies

Grief can affect every part of life. You may feel sadness, anxiety, loneliness, numbness, anger, overwhelm, or find that life no longer feels the same. The Bereavement Group offers a safe, supportive and compassionate space to explore your grief alongside others who understand.

What the Group Offers

- 8 weekly face-to-face sessions
- 90 minutes per session
- Small group of 6–12 participants
- Facilitated by two NHS Talking Therapies Counsellors
- Includes an individual 1:1 review session



Who Can Attend?

This group is for adults aged 18+ who have experienced the death of a significant person in their life and whose bereavement occurred at least 4 months ago.

Topics Include

- Understanding grief
- The emotional impact of loss
- Grief and the body
- Identity and life changes after loss
- Relationships, support and loneliness
- Living with grief over time
- Moving forward while staying connected to what matters

What You Can Expect from the Sessions

- A warm, supportive and confidential environment
- No pressure to share more than feels comfortable
- Understanding and normalising grief reactions
- Opportunities to connect with others who have experienced loss
- Practical tools for coping with difficult emotions
- Time to reflect on your own experience of grief

Grief changes because life changes, but you do not have to navigate it alone.

You Can Self-Refer

We actively encourage self-referrals but referrals can also be made by GPs, other health care professionals and/or carers. All we ask is that the patient is always aware of and in agreement with the referral. Visit the link below to self-refer.

Visit QR Code to Self-Refer

https://www.barnetandenfieldtalkingtherapies.nhs.uk/refer-yourself/

Samaritans
Call free: 116 123
24 hour listening and emotional

If you are hearing voices, or at risk of harming yourself or others, please call your GP or the 24-hour Crisis Telephone Service on 0800 151 0023.
You can also call 999 or visit your local Accident & Emergency (A&E).