

Internal briefing: grief and loss support during coronavirus

A coordinated pathway has been established by Bradford Counselling Collective to offer much needed support to people in Bradford and Craven who are experiencing grief and loss during the coronavirus outbreak.

At this time, people are experiencing the loss of a loved one, loss of freedoms and loss of financial security, and social isolation may be making the grief of this loss more difficult to deal with.

How people can self-refer

Anyone of any age can self-refer by contacting Mind in Bradford's Guide-Line:

- Call 01274 594 594 - this line is open 12pm to 12am every day
- [Chat online](#) - this service is open 12pm to 8pm every day

Mind in Bradford's Guide-Line will register referrals and pass them to Aire, Wharfe and Craven Counselling, who will assess and allocate them. Referrals will be allocated to volunteer befrienders or the counselling collaborative.

The grief and loss support pathway

Volunteer befrienders receive grief and loss training so they can provide practical advice and a listening ear where someone is responding to trauma exposure in a manageable way. Volunteers will offer four to six telephone support sessions, each up to 30 minutes. They will receive regular supervision and have access to local bereavement support and signposting information.

Where complex needs are identified, referrals will be allocated to a qualified counsellor who will initially offer six sessions of counselling support.