

To make a referral:

To make a referral to our service you can:

Call us on 020 7510 1081 or 020 7510 4268 for the Newham Bereavement Service and you will be put through to the coordinator.

Or email us at: referral@mithn.org.uk



The Newham Bereavement Service is delivered by Mind in Tower Hamlets and Newham.

Feedback and Complaint

If you have any feedback, comments, suggestions or complaints please contact our main office on 020 7510 1081 or 020 7510 4268 or email info@mithn.org.uk



How to find us

655 Barking Road, London E13 9EX

Tube

District Line to Upton Park or Plaistow, 10-15 minute walk.

Jubilee Line to Canning Town, 15 min by bus.

Bus

From Canning Town: 5, 115

From East Ham: 5, 115

From Upton Park: 330

Bus Stop T: Samson Road, S: New City Road

DLR

Dockland Light Railway to Canning Town, 15 min by bus



Coping with grief and loss

We can offer you support:
Bereavement Counselling
Support Groups
Advice and Information

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020 7510 4268 or
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655 Barking Road,
London E13 9EX



in Tower Hamlets
and Newham

www.mithn.org.uk/newham-bereavement-service

The Newham Bereavement Service

This service is for adults living in Newham who have experienced grief, loss and bereavement.

We offer a range of support services which include:

- Bereavement Counselling
- Group Support
- Advice and Information



Bereavement Counselling

Most people will experience bereavement at some time in their life. Everyone reacts to their loss in their own unique way.

We offer one-to-one counselling for 6 weeks which will provide you with a safe and confidential space to explore your thoughts and feelings.

The counselling service is accredited by the British Association for Counselling and Psychotherapy (BACP).



Group Support

Our weekly drop-in group is available to all adult Newham residents. This is an informal group offering a space to talk to others, share your experience and gain support from the group and the facilitator.

Each session covers a range of topics to include, grief models, grieving well, dealing with thoughts and emotions, creating lasting bonds and how to move forwards.



Advice and Information

We recognise that there are many practical issues to face following a death of a family member. Our Advice Worker is available on line, via the phone or alternatively you can book an appointment to meet with them.

There is also a vast amount of information available on the Citizen Advice Web site www.citizenadvice.org.uk