- WCCSS is a low cost subsidised service
- Appointments are available in-person, online, or by phone
- Our staff maintain a database with details of other support services available

"I felt welcome and so well supported, it gave me hope. I am sorry I didn't find this service sooner." B.

Scan QR Code to reach our website www.wccss.com

Counsellors at WCCSS are affiliated with The Irish Association for Counselling and Psychotherapy (IACP)
or
The Irish Association of Humanistic Integrative Psychotherapy (IAHIP)

To arrange an appointment with a professional counsellor

Phone: 023 8856852

Email: info@wccss.com

Mobile: 087 6475664

Website: www.wccss.com

DUNMANWAY
and
SKIBBEREEN

Company Registration No.: **483889**
CHY No.: **19165**
Charity Regulatory Authority No. **20074814**
Tax Reference No. **9515436N**

TUSLA An Ghníomhaireacht um Leanaí agus an Teaghlach Child and Family Agency

HSE

hi Healthy Ireland

West Cork Counselling & Support Services

Compassionate Conversations

Bereavement Loss and Grief

www.wccss.com

Death ends a life, not a relationship.

When you lose someone, you grieve for the person you have lost.

This may include:

- Your relationship with them
- Life as you knew it with them in it
- The future you imagined and looked forward to together

Everyones loss is entirely personal and unique.

It takes time to adjust to your life as it is now.

GRIEVING TAKES THE TIME IT TAKES

There is no set timetable and no set course for your personal grieving process. It can come in waves, with strong emotions one moment and numbness another.

Grief may feel more intense at certain times, such as anniversaries, birthdays and special occassions.

GRIEF IS NATURAL

Normal to grieve your loss

Accepting support from others helps

There is no set course, your grief is personal and unique

Understand the need to be patient and kind to yourself on good days and bad days

Remember & talk about your loved one

Allow yourself to feel your feelings

Leave space for looking forward and living your life.

Grief takes a toll on your energy and your body.
Eating well, sleeping well and taking care of yourself matters.

"I was so low in myself at first. My counsellor listened to me with such respect that I learnt to respect and care for myself...she helped me to become more compassionate for myself. I owe a lot to this service" T.

Because your loss is so personal and unique, it can be deeply lonely. You don't have to do it alone. Support is available

Support from family, friends, neighbours, colleagues and your community is important as you grieve.

Compassion, learning to be a friend to yourself and treating yourself with patience and kindness will be a huge gift.

Bereavement Support Groups provide a space to meet others, sharing experiences and finding hope.

One to One Counselling offers a safe, confidential, non-judgemental relationship, supporting you to heal and grow even as you grieve.

"At first, I could not stop crying and my counsellor was so caring for me. I never felt judged" S.

"I am better able to cope now and not afraid of life, happier and so glad I came to counselling" S.