



Counselling at Longfield

*"My counsellor
was empathic
and supportive,
listening to me
without
judgement."*

Call us on 01453 886868 or
email wellbeing@longfield.org.uk
to find out more. All sessions
are free of charge.





Who can use our Counselling service?

Our counselling service is open to anyone in Gloucestershire, over the age of 18. You do not need to have used any Longfield services previously.



How do I get support?

You must be registered with a GP practice in the Gloucestershire area. You can self-refer or be referred by a family member or friend, a GP or other healthcare professional. If somebody else refers you, it must be with your knowledge and consent.



What happens after a request for support?

A member of the counselling team will call you to discuss your counselling needs. If our services are not right for your needs, we will signpost you to a suitable service elsewhere.



How much does it cost?

All our services are free of charge. As a registered charity, we rely on the generosity of the public to continue supporting people across Gloucestershire. We do not expect a donation, nor does it affect the level of service you may access. If you would like to make a donation, please visit [longfield.org.uk/donate](https://www.longfield.org.uk/donate) to find out how. Thank you.

Counselling

Being diagnosed with a life-limiting illness - or knowing someone who has - may leave you worrying about what lies ahead and thinking about what really matters to you.

If you are coming to terms with your own life-limiting condition, or you are supporting a loved one with a life-limiting diagnosis, our team of professional counsellors are here for you.

"I was a bit apprehensive at first, but each week I felt more at ease. I'd been carrying around this big weight and suddenly it lifted."

Bereavement Counselling

How you grieve will depend on several factors including your relationship with the person who has died, how they died, and your own personality and feelings.


The grieving process is not linear, there may be times when you are unable to function with your daily routine, or feel caught in negative thought patterns.

"I don't know how I should be feeling, I have no motivation, I just feel lost."

In times like these, it may help to talk to someone about how you are feeling. This could be a friend, family member, a GP or other healthcare provider, or a professional bereavement counsellor. Talking about your grief may help you find a different perspective, or a deeper understanding of yourself and your situation.

Counselling sessions to suit you

Our team of professional counsellors offer counselling and bereavement support on a one-to-one basis. We offer face-to-face sessions – either in our cosy counselling rooms or outside, surrounded by the beauty of our gardens. We also offer telephone and online counselling, and counselling support groups.



"Counselling has helped me take a deep breath and move forward with my life."

Here for you

For more information, please contact our friendly team on 01453 886 868, email wellbeing@longfield.org.uk, or visit longfield.org.uk/counselling.

Scan for more information



How to find us



Longfield Community Hospice,
Burleigh Lane, Minchinhampton,
Gloucestershire GL5 2PQ.

Our large car park is free and we have disabled parking and access.

For the latest information about our wellbeing sessions, visit longfield.org.uk/whats-on-at-longfield

T. 01453 886868

E. info@longfield.org.uk www.longfield.org.uk

Patron: HRH King Charles III, KG,
KT, GCB, OM, AK, QSO, CC, PC, ADC.

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Registered Charity Number: 298627



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Community Hospice