



# 16-25 Self-Referral criteria for One-To-One Post Bereavement Grief Support

## "I'm thinking of referring myself to Balloons"

Thanks very much for considering referring yourself to Balloons for one-to-one grief support. We include information below which will help you to decide whether or not Balloons provides the right sort of service for you, but do get in touch if you want to refer yourself or ask further questions.

Email: [support@balloonscharity.co.uk](mailto:support@balloonscharity.co.uk)

Telephone: 01392 982570

There will always be a level of emotional response to the death of someone significant. This is completely normal. However, sometimes it can be hard to understand or accept the grief, and the chain of events that surrounds it

It is always preferable for a trusted loved one to assist if this is the case. However, Balloons understands that this is not always possible. Having a safe, non-judgemental space with someone independent can help people better understand and express their thoughts, feelings, and beliefs.

If that is the case for you, then referring yourself to Balloons may well be a positive step.



### Things to bear in mind

- We start taking referrals from 12 weeks after the bereavement, to allow the early-stage natural grief process to unfold. Having said that, we can take referrals for many months or even years after the bereavement
- Trained Grief Support Workers provide the support. They are highly skilled and motivated volunteers, trained and experienced in the field of grief. They are not counsellors or psychotherapists
- We offer a bespoke intervention for each individual, which responds to your needs, concerns, issues and interests. It's not possible therefore to say exactly what each intervention will cover, but in broad terms we offer approximately 4-6 grief-focussed sessions, usually once a week. Topics that might be covered in the sessions could include – telling the story, managing anxiety, managing anger, building self-esteem and building memories. We use a range of talking and therapeutic activities, adapted to your needs and interests.
- Please note that we can only provide grief support in an environment that has a private, quiet and non-interrupted space for us to work in. This is usually our own office at Pynes Hill, Exeter but can be an appropriate room at College, University or the workplace if available.

# OUR CRITERIA:

## We can accept referrals:

- From individuals up to the age of 25 residing in or attending an education setting in our service area (Exeter, Mid & East Devon).
- From those who wish to explore their grief.
- From 12 weeks after the date of the bereavement (see page 1).

## We cannot accept referrals where:

- The person is receiving another form of therapeutic support (such as counselling).
- Grief is not the dominant concern but is a component of multiple issues.
- The trauma surrounding the bereavement is so significant that the level of support required is beyond the expertise of Balloons volunteers. In these circumstances, a trauma specialist service might be more appropriate.
- The person is experiencing abuse and neglect, as this requires specialist support.
- The person has life-threatening coping mechanisms or is suicidal.
- The cause of death is unclear/unknown. If an inquest is pending we sometimes need to wait until the outcome to ensure we have the correct information about the cause of death.

If you do refer yourself to us, we ask for your GP contact details on the referral form. We use this in the case of an emergency or if we need to escalate a safeguarding disclosure

Please note it is important that you have someone outside of Balloons who can be generally supportive whilst you are exploring your grief as it can be emotionally challenging e.g. extended and close family, friends etc.

If you want to go ahead and make a self-referral, please contact us on 01392 982570 to request the referral documentation.