

SIDE BY SIDE

A CULTURALLY COMPETENT BEFRIENDING & BEREAVEMENT SERVICE

THIS SERVICE OFFERS BOTH BEFRIENDING & BEREAVEMENT SUPPORT:

Bereavement:

Individuals that are experiencing low level mental health issues such as anxiety and isolation can access this service and will be offered up to 4 weekly appointments.

Befriending:

Individuals that are experiencing low level mental health issues such as anxiety and isolation can access this service and will be offered up to 4 weekly appointments.

AFTER THE SESSIONS ARE COMPLETE:

We can then refer/signpost individuals to our counselling service ('**Step by Step**') or to our extensive network of specialist services that will be able to help individuals continue on their journey.

THIS SERVICE WILL BE PROVIDED OVER THE PHONE

SERVICE AVAILABLE: MON-FRI 10AM-5PM

For more information about any of our services please contact us:

 **01254 392974**

 referrals@lancashirebmenetwork.org.uk

LANCASHIRE
BME NETWORK



Leading change through empowerment

www.lancashirebmenetwork.org.uk

Suite 412, Daisyfield Business Centre,
Appleby Street, Blackburn, BB1 3BL.