



Liz Whiteley
Counselling & Psychotherapy



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LIZ WHITELEY
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Closed Monday 19th September 2022

As Monday 19th September 2022 has been made an official Bank Holiday for the state funeral of Queen Elizabeth II, there shall be no available sessions that day. Alternative sessions will be available for those who have a regular session on that day.

I want to take the opportunity to acknowledge that, for some, the passing of the Queen has and can stir up an element of grief that people aren't expecting. Those that would never have called themselves Royalists are finding themselves travelling to London or watching all the coverage. Whatever your feelings, I would like to say you are not alone.

Often the death of significant figures, or celebrities even, can stir up in us old griefs of our own. It makes us think of people we have lost and can provoke a grieving process we felt we had worked through.

For some, it can stir up emotions about our own mortality or those around us. Those with illnesses or long-term health needs can feel emotions they are trying to avoid.

Whatever your views or feelings at this time, remember to reach out for support from others. Many people are feeling many emotions right now, and we should all feel supported.

Take care

Liz



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