

Sue Ryder
Grief Kind Spaces

Sue Ryder

Grieving? You're not alone.

Grief can make us feel isolated at times. You can find support at your local Grief Kind Space where you can meet other people going through a similar experience.



**You are not alone
in your grief**

What are Grief Kind Spaces?

To find your nearest Grief Kind Space visit sueryder.org/GriefKindSpaces or read on for more information and other ways you can access bereavement support.

People who are grieving have told us that they would find it helpful to meet and talk to others who have also been bereaved.

Facilitated by our trained volunteers, Grief Kind Spaces are informal community drop ins, providing an opportunity for people who are grieving to share their feelings and experiences with each other.

We understand that everyone grieves differently and we want to offer support in the way that works best for you.

There are other ways in which you can access bereavement support from Sue Ryder.

How we can support you

- **Online bereavement community** – speak to others who have been bereaved online. Our online community is a place to share experiences, ask questions and chat to others who understand.
- **Online bereavement counselling** – speak to a professional bereavement counsellor on video via your computer, tablet or mobile phone*.
- **Grief Guide advice and tools** – access a range of information, advice and tools online to help you understand and cope with your grief.

- **Grief Coach text support** – get expert advice and personalised tips sent straight to your phone via text.

Visit sueryder.org/griefsupport for more information and to access our online bereavement services.

All of our bereavement services are free to you, and funded by donations from generous supporters who recognise that no one should be alone in grief.

You must be 18+ and living in the UK to access our bereavement support services

* A short form is required to check your eligibility for our online bereavement counselling service



At Sue Ryder, we're there when it matters

At Sue Ryder we support people through the most difficult times of their lives. Whether that's a terminal illness, the loss of a loved one or a neurological condition – we're there when it matters. Our doctors, nurses and carers give people the compassion and expert care they need to help them live the best life they possibly can.

For more information about Sue Ryder

call: **0808 164 4572**

email: info@sueryder.org

visit: sueryder.org



[/SueRyderNational](https://www.facebook.com/SueRyderNational)



[@suerydercharity](https://www.instagram.com/suerydercharity)



Sue Ryder