



## There when it matters

Sue Ryder supports 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.

For over 65 years our doctors, nurses and carers have given people the compassion and expert care they need to help them live the best life they possibly can. We take the time to understand what's important to people and give them choice and control over their care. For some this may mean specialist care in one of our centres, whilst others might need support in their own home.

## Contact us

call: **0808 164 4572**

email: [online.community@sueryder.org](mailto:online.community@sueryder.org)

visit: [sueryder.org](https://sueryder.org)

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Sue Ryder  
Online Bereavement  
Support



“It's comforting to know that you're not alone”

Our Online Bereavement Support offers practical and emotional support when you're coping with grief.



palliative,  
neurological  
and bereavement  
support

## Grief is a lonely place

If you are struggling with grief, the support you need can feel just out of reach. So, it's comforting to know that help is never far away.

Sue Ryder's Online Bereavement Support makes it easy to connect with the right support for you – whether that's a community of others with similar experiences, qualified counsellors, or reliable information and resources. These services are free and easy to access on your computer, smartphone or tablet.

**“I was at my wits' end the other night at 12.30am, until I logged on here and realised I'm not alone.”**

**“Members of this Online Community understand what I'm going through and that's why I feel I can be honest and receive true support.”**

**“Having the sessions online and in my own home was very beneficial, I felt comfortable and safe in my own environment.”**

**“My counsellor was excellent, kind and professional and I was able to talk freely.”**

## Join our Online Community

We know that no one really understands what losing someone is like unless they've been through it themselves. Our Online Bereavement Community is a place to connect to others, share experiences and get support.

It's open 24/7 and moderated by Sue Ryder to make sure it's a safe and supportive environment.

## Register for online counselling

Our Online Bereavement Counselling Service provides free, confidential and professional support over video chat. This service is free to join and open to UK residents over the age of 18.

After an assessment to check whether our service is right for you, we offer up to six weekly sessions with one of our counsellors.

## Read expert information

Accurate and easy-to-understand information and resources to help you deal with practical and emotional issues – from registering a death to coping with grief.

Visit our Online Bereavement Support at [sue Ryder.org/onlinesupport](https://sue Ryder.org/onlinesupport)

