



Sue Ryder
**Grief Kind
Spaces**

Peer-to-peer community bereavement support groups



Grief Kind Spaces
allow people who have
been bereaved to
connect and benefit
from peer-to-peer
support.



Sue Ryder

What are Grief Kind Spaces?

To find your nearest Grief Kind Space visit sueryder.org/GKSpaces or read on for more information about our bereavement support services.

We know from our research that 70% of people don't get the bereavement support they feel they need*. Many people 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 have been bereaved to share their feelings and experiences with each other.

Contact a member of our team at GriefKindSpaces@sueryder.org.

* Source: A better route through grief, Sue Ryder, 2022

You are
not alone
in your
grief

Sue Ryder online bereavement support services

Our bereavement services are funded by charitable donations, and are available free of charge to adults 18+ and living in the UK.

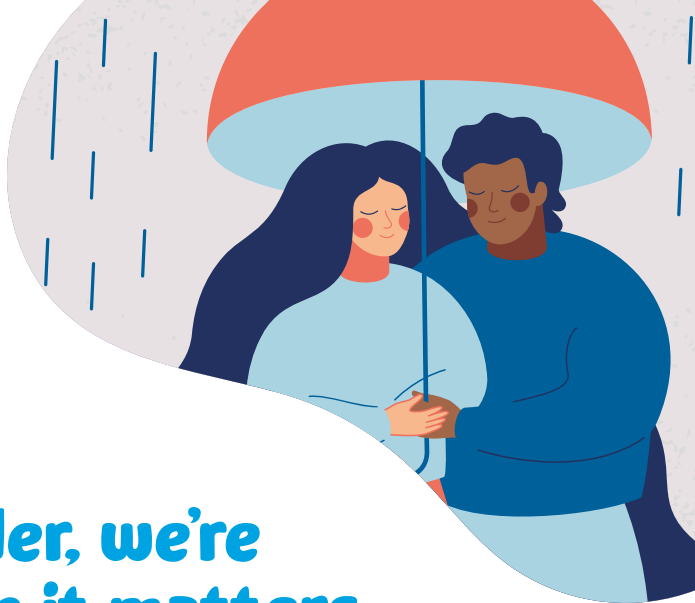
- **Online bereavement counselling*** – up to six video sessions with a professional bereavement counsellor via computer, tablet or mobile phone.
- **Online bereavement community** – an online community where people who are bereaved can share experiences, ask questions and chat to others who understand.

- **Grief Guide advice and tools** – a range of online information and resources to help people understand and cope with their grief.
- **Grief Coach text support** – expert advice and personalised tips sent straight to the user's phone via text.

Visit sueryder.org/griefsupport for more information about our online bereavement support services.

* A short form is required to check 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**



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