

Supporting children and young people when someone dies



**Marie
Curie**

Practical and emotional help

* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

Introduction

It can be hard to know how to support a child or young person when an adult dies. You might be worried about saying the wrong thing and thinking about how you can support them.

This booklet is for adults supporting a child or young person when someone dies. In this booklet, when we talk about ‘children’, we mean children aged 11 and under. When we talk about ‘teenagers and young people’, we mean young people aged 12 and over.

If you do not feel ready to read this booklet yet, you might decide to come back to it another time. You might want someone to look at it with you, so you have their support. You could ask a nurse, bereavement counsellor, social worker, family member or friend.

Try to be kind to yourself. Supporting a child or young person when someone dies can be hard. It’s important that you feel supported and give yourself time to grieve too.

If you would like to speak to someone about how you’re feeling, call the free Marie Curie Support Line on **0800 090 2309***, use the online chat on our website, or email support@mariecurie.org.uk. For more information, visit mariecurie.org.uk/information

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How to tell a child or young person that someone has died

Telling a child or young person that someone has died can be hard, especially when you're grieving too. You might worry about saying the wrong thing or upsetting them. But explaining what's happened honestly can help them to feel supported.

It can help to:

- choose a quiet or comfortable space
- prepare them that you have some sad news
- be honest and open
- use simple and clear language, like 'died' or 'dead'
- explain death in a way that they might understand.

Depending on their age and understanding, you might say something like:

“I have some really sad news. [Name] has died. This means they are not alive. They cannot talk, eat or play with us anymore. I want you to know that you are safe and I love you so much. This is not your fault. You might have questions about this. And I'll be here for you.”

This is only an example. You know the child or young person best. Choose the language that'll be right for them.

After you've told them, it may help to:

- reassure them that they are safe and loved
- ask if they have any immediate questions
- allow them time to take in the information and respond
- be aware that they might not react how you expect they would.

Talking to children about death can be emotional. Take things one day at a time. Remember that you do not have to do it alone. Friends, family, healthcare professionals and other adults close to the child can help. Organisations like Winston's Wish (winstonswish.org) or Child Bereavement UK (childbereavementuk.org) can give you specific advice about talking to children and young people about death. We have information about looking after yourself on page 31.

You may be able to get support through a local hospice, including Marie Curie Hospices. Some have counsellors and other professionals who can support children and young people. This is usually only available if the person who died was known to the hospice, but it can vary. You can find out if there is a hospice near you on the Hospice UK website (hospiceuk.org/hospice-care-finder).

Tips on talking about death

Here are some tips that may help you talk about death:

- When they ask a question, you could start by asking: “What do you think?” Then you can build your answer on their understanding of what’s happened. If they do not have any questions you could say, “One of the questions I had was [question]. Would you like to know the answer to that?”
- Try to avoid telling the child or young person not to worry or be sad. It’s natural and healthy to express their emotions, whatever they might be. Sometimes, they might find it hard to control their feelings. Let them know that all feelings are OK, including ones that they may feel bad about, such as relief.
- It’s OK to cry in front of the child or young person. It can help to let them know why you’re crying. You might want to say that people cry for many reasons. Sometimes people cry to express their sadness, or when they’re missing someone. Let them know that it’s also OK not to cry, if that’s how they feel.
- Reassure them that they’re not responsible for making you feel sad. Let them know that they’re not to blame and that they’re loved. A hug can make a big difference and make them feel cared for, if the child or young person is comfortable with this.

“As a parent you feel helpless. I learnt the importance of being completely honest with your children. Be as literal as possible. If you say things like Mummy is still around you, the child might interpret that as meaning Mummy is still a ghost. There’s no manual for grief, it’s all learning.”

Raj, who supports his three children after his wife Nim died



How grief may affect children and young people

Every child and young person will react to grief in their own way. The support they need will be different too. Some might not seem to react much when you first tell them someone has died. It can take time for them to process what's happened and share their feelings. Others might feel upset right away, or switch between emotions quickly. Be patient with them and give them chance to respond or express their feelings.

“Josh didn’t talk a lot about it. We told him it happened. We had a bit of a cry. He’s only nine years old, so in the moment he was distraught and five minutes later he asked if he could play football.”

Vicki, who supported her son Josh when his nan died

Changes in behaviour


Children and young people might show their emotions through their behaviour. Their emotions might change quickly. And younger children may not have words for how they feel. Here are some behaviours you might notice:

- **Clinginess.** Children may refuse to be left behind or cling to you. This can be a sign they need reassurance you are not going to die and leave them too.

- **Distance.** They may put up a barrier with people close to them because they're scared of getting hurt again. They may feel overwhelmed and want some space. They might want to spend more time away from home, with friends or at school.
- **Acting younger than their age.** This can be a sign of insecurity. Young children may start weeing (wetting) or pooing (soiling) themselves. Or they may want a bottle, dummy or blanket again.
- **Lack of concentration.** They may find it hard to concentrate at school and have trouble with their work.
- **Sleep problems.** They may find it hard to sleep and become afraid of the dark. Or they might feel like they need to sleep all the time.
- **Trying very hard to be good.** Young children might believe that their behaviour can influence events. This is called 'magical thinking'. It might mean that they try hard to be good or feel guilty about bad behaviour.
- **Masking their emotions.** They may hide their feelings to protect people around them.
- **Aggression.** They may struggle to manage their strong emotions, so end up having outbursts, tantrums or feeling angry.
- **Acting the adult.** They may be worried about the future now the person has died, and feel like they need to take on a more grown-up role.
- **Change in perspective.** They might begin to feel differently about their future, change their perspective or rethink their goals.

How grief may affect children and young people

These are all natural reactions. But if you're worried about a child's or young person's reaction to grief, you could speak to their GP, a social worker or a counsellor. There are also organisations which provide support for children who are grieving, like Winston's Wish (winstonswish.org) or Child Bereavement UK (childbereavementuk.org).

 What a child understands about death will depend on their age, stage of development, and whether they've experienced someone dying before. We explain what children understand about death at different ages at mariecurie.org.uk/grieving-child



The grieving process for children and young people

Grief may affect children differently over time. They might also grieve in cycles rather than all at once.

This means that although it may seem like they grieve more quickly, they may have feelings of grief for longer. Someone who experiences grief as a child or teenager may find that their grief comes back at important times in their life. It could be when they start a new school, go to college, start a job, get married or have children.

As they grow up, their understanding might change too. They might want to go back to questions that have already been answered or ask different questions.

Rather than grief going away, or getting less over time, children are likely to grow around their grief. Their grief will not get smaller, but their life around their grief will get bigger. So, their sad feelings of grief will become less frequent or easier to manage. It's not a straightforward process. Sometimes grief will feel really big, like around a special day or anniversary. Other days, it will feel smaller.

“People always say ‘it will get better’, but I don’t think it does. The pain of it all is the same, but what happens is you find other things in your life to focus on that mean a lot to you. It never fills the gap, but it does add more to your life, which makes the hole left behind seem smaller.”

Zaynah, whose dad died when she was 10

How to support a child or young person who's grieving

Every child or young person is different. Some will feel supported enough by their family, friends and school, college or university. Other children and young people might benefit from specialist bereavement support.

Use what you know about them to give support in a way that's right for them. Or ask them how they'd like to be supported. Be patient and open to changing your support to match what helps them at the time. Here are some things that might be helpful.

Try to talk openly about the person who's died

You might find it hard to talk about the person who died, or about death in general. But this might make the child or young person feel like they cannot talk about it or worry about showing their emotions.

“I think it's important we talk about Danielle, but we talk about her positively. So although we recognise the children's sadness at losing her, we can also celebrate and remember the good times they had with her.”

Lisa, who supports her niece and nephew after her sister, Danielle, died

Encourage them to express their feelings

Let them share their feelings if they're ready. But remember that children grieve in their own time. Do not push them if they do not want to.

Ask teenagers and young people if they want to talk about how they're feeling. It's important they can choose if and when they want to talk about it. This might take time.

Young people might find it easier to express how they're feeling or ask questions when they do not need to make eye contact or be face-to-face. You could try talking to them while they're cooking, drawing, watching TV or in the car. This might make them feel more comfortable and take the pressure off.



Help them to understand their grief

While they're grieving, they might have a lot of emotions that feel overwhelming or hard to control. Let them know that all feelings are OK, and encourage them to express them in a way that works for them.

There are books and resources available for adults who want to help explain death or grief to children. You might find that exploring death through a story helps children to understand what's happened and the emotions they might be feeling. You could ask a health or social care professional, a counsellor or the library for some suggestions. Child Bereavement UK also has some suggestions on their website (childbereavementuk.org/primary-schools-books-and-resources).

Find out what support is available at school, college, university or work

School, college, university or work can be an important source of support for children and young people outside of their family and friends. Do not be afraid to ask for extra help or share what the child might need, as long as they're comfortable with it. It can help to give them a break from the situation at home.

We have more information on support at school, college, university and work on page 26.

Help them to keep a routine and take part in activities

Keeping a routine, like going to school or clubs, can help distract from some of the child's big emotions. Engaging with hobbies, like sports, crafts, reading or playing games, can help them maintain a sense of normality and give them a sense of control. If it's an option for you, supporting the child at events like parents' evenings, school plays, and sports matches can help maintain a sense of routine.

Some teenagers and young people find that doing activities, like sport or music, may help them cope with grief. Having this social support can help to build their self-esteem if they're feeling low.

It can be helpful to have a space outside of the home to go to regularly and to continue doing things they enjoy. If changes to the family routine make this harder, try to prioritise the young person's social time. For example, you could ask someone to take them or pick them up from activities so they can still attend.

“Even though it's hard at first, you must try to find love in other ways. Even if it's as small as starting a new hobby or joining a sports or creative group. It's important that children have someone to talk to or an activity that they enjoy doing to get them to open up.”

Zaynah, whose dad died when she was 10

Make specific offers of help

Children might find it hard to say what they need. They might not know what they need support with, or find it difficult to ask for it. Making specific offers can help you to support them day-to-day. For example, you could say “Do you want me to stay with you at football practice today?” or “Can I help you with your homework this evening?”.

Check in on their friendships

Children and young people might feel lonely or isolated when they're grieving. They might be the only person in their friendship group who has experienced a bereavement, and their friendships might change or end. Some organisations have support groups where children and young people can speak with others who've had similar experiences. See pages 35–36.



Help them to remember the person

Children and young people have told us they worry about forgetting specific things about the person, like their smell or the sound of their voice. This can be upsetting. Reassure them that forgetting aspects of the person does not mean the positive experiences and the love they shared does not matter.

Having positive memories of the person who died can be comforting for some children and young people. Sharing stories about the person, or looking at a memory box, can help them feel close and connected to the person. Everyone is different. But if they'd like to, you could try:

- listening to the person's favourite music
- looking at photos and recordings
- eating foods they liked
- buying their favourite perfume
- talking about their hobbies and interests.

“We got given a yellow shoebox and we would put in items we associate with dad. One of my memories I have of dad is that he took me to my first ever rugby game, and the programme from that game is in the memory box now. So even now, for whatever reason – an anniversary or an event – we can look at that memory box.”

Henry, whose dad died when he was 8



How to support a grieving child or young person with special educational needs or disabilities (SEND)

It's natural to want to protect a child or young person from feeling sad. But it's important to include young people with SEND in conversations about death and to give them the facts. Remember, you know them best, so support them in the way that you feel is right for them.

Children with SEND might find it harder to understand death or express their grief. Here are some things that could help:

- Communicate with them in the way you usually do and that you know they find comforting. This might be talking, using picture cards, watching videos, drawing or looking at photos.
- When you are talking to them about the person who died, use simple words like 'dead' and 'died' to avoid confusion.
- Encourage them to express how they're feeling. Some children may not show how they are feeling through words, but you might notice changes in their behaviour.
- Use reassuring behaviour like holding their hand when they're grieving or upset.

How to support a child or young person who's grieving

- Keep a normal home routine as much as possible. When someone dies, their lives may become disrupted. For instance, there may be changes to who looks after them, the home routine, or where they are cared for. Some children might find this distressing. You might like to reinforce what's still the same for them. For example, they might still have the same school, same teacher, same bedroom, and same friends.
- Consider doing something regularly to remember and celebrate the person. This could include looking at photos or a memory box. Having this time where they can express their feelings might help a child to feel reassured and safe.

You may find it helpful to speak to a health or social care professional. They may be able to help you talk to the child or young person and give them support. If they go to school, you could reach out to their pastoral team, or special educational needs and disabilities coordinator (SENDco) if they have one.



Winston's Wish offer specialist advice about supporting a child or young person with SEND when someone dies. Call them for free on **0800 020 021** or visit their website for more information (winstonswish.org/supporting-children-with-send).

Questions and concerns children and young people may have

When someone dies, children and young people might ask lots of questions. They might also have concerns that they're afraid to ask about. As the adult supporting them, you might be worried that you'll upset them or answer questions in the wrong way.

Asking questions is a natural part of how children and young people process their feelings. You may already know what information they will find useful and the best way to communicate with them. The key things to try to do are:

- encourage them to ask questions
- answer their question honestly
- try to use simple and straightforward language
- do not worry if you do not have all the answers
- reassure them that they're safe and loved.

Try not to worry about telling a child 'too much'. In general, if a child or young person has come to you to ask a question, they're usually ready to hear the answer.

If you are unsure about how to answer any of their questions, you could ask a doctor, nurse, counsellor or social worker for support. Or, let them know you'll try to find out and get back to them.



In this booklet, we've highlighted some of the key questions and concerns children and young people told us they had when someone dies. We have more information on questions and concerns children and young people might have and how to answer them at mariecurie.org.uk/questions-children-ask

Questions about someone else getting ill or dying

Children and young people told us they had questions and concerns like:

- When will you die?
- Will I die?
- Can you catch cancer? Will I have a heart attack? Can I die of the thing the person died of?
- Was it my fault?

Explaining that other people around them are not dying

The child or young person may feel scared that they, or other people close to them, are going to die too. Knowing why someone died may help to take away some of that fear.

Explaining illnesses

Make sure children and young people know that you cannot catch cancer or a heart attack. If the person had a genetic disease, children and young people might be worried they'll be affected by this too. Young people we spoke to said this was a question they were afraid to ask. If this is a concern, speak to them about their worries. Or ask a healthcare professional for help.

Explaining that it's not their fault

Explain clearly that they are not to blame. Being specific about why the person died, such as an illness that could not be cured, can help ease their worries.

Concerns about the future

Children and young people have told us they had worries about:

- having to move house or change school
- if the household will have enough money
- if they'll need to do more chores or help around the house more
- who will look after them, or how they'll look after themselves
- who'll give them guidance
- if the dynamics of the family will change
- how they'll manage at school.



Talking about changes in circumstances

Try to reassure them that even if circumstances do change, you will tell them what's happening. It's important that the child or young person knows what the plan is. Be honest about changes that might happen. It might help to say that while things might feel different, they will still be supported. If you can, reassure the child or young person that they will be safe and loved.

Be honest with them about chores or extra housework but try not to expect them to automatically take on more responsibility. It might help to have a conversation about changes around the house and if they'd like to help.

Explaining who can support them

Reassure them that they will not be alone. Let them know who's around to help look after them and give them guidance. You might want to ask them who they want to be in their circle of support. You could think about specific roles or activities the person who died did, like taking them to school, and reassure them that those things will continue.

Supporting them to go back to school

Going back to school can be a big worry for children and young people. It can help if you speak to the school about what's happened and involve the child in discussions about what support they'd like. We have more information about supporting young people to return to school, college, university or work on page 26.

Questions about their grief

Children and young people have told us they had questions and concerns like:

- Will my sad feelings go away?
- Will I ever feel happy again?
- Will I forget the person who died?

Explaining grief

It might help to explain that missing the person and thinking about loving them can sometimes feel sad. This is their grief. Their grief will not go away, but they will grow around it. Reassure them that although they'll never forget the person who died, it's OK to laugh and have fun, if they feel like it.

It's important that the child or young person does not feel that they're betraying the person who's died by getting on with their life. But they might have questions and concerns about their grief and managing their feelings.

If you are worried about the child or young person's grief, think about asking for specialist support.

Questions about funerals and saying goodbye

Children and young people have told us they had questions like:

- Do I need to go to the funeral?
- What will happen at the funeral?
- Will I need to speak at the funeral?

There is no one way to involve children and young people in funerals and saying goodbye. Speak to the child or young person to understand what's best for them. Children and young people we spoke to said being involved in important events like the funeral mattered to them. It could be helpful to explain in simple steps what the day will look like for them. For example, where they will sit or who'll be there to support them on the day.

There are other ways for children to say goodbye to the person if they do not want to be involved in the funeral. You could speak to a counsellor, social worker, faith leader or spiritual coordinator to work out what will best support the child or young person.



We have more information about involving children in funerals in our booklet, **When someone dies**. Order or download your free copy at mariecurie.org.uk/publications. You can also find information about planning a funeral and including children and young people at mariecurie.org.uk/funeral

Returning to school, college, university or work

A child or young person may want to go back to school, college, university or work immediately after a bereavement. Or, they may need more time.

When should they go back to school or college?

There is no set policy for time off school or college for a child or teenager after a bereavement. It's best to contact the school or college as soon as possible to explain what's happened.

The school or college may have its own bereavement policy, but how long they are off also depends on:

- the child and how they're feeling
- the child's relationship to the person who died (how close they were)
- the wishes and cultural beliefs of the family.

Going back to school may help a child who's been bereaved. They may benefit from seeing friends, having a routine and getting support from the school. Staying away from school for too long may also make a child more anxious. It could make it more difficult when they do go back.

Returning to school, college, university or work

It's important to reassure the child that going back to school does not mean that they're expected to be OK now. It does not mean that things just go back to how they were before the person died. They're still grieving, so they may need more days off later, and that's fine.

But it's also OK if they need longer before returning.

Grief is different for everyone and can affect people at different times. So it's important to pay attention to how a child is feeling and behaving. Be guided by what the child or young person wants. It's best to talk to the child about the support they need and discuss it with their school or college.



School bereavement support for a child or teenager

You might be able to ask for some bereavement support from the school or college. It's helpful to include older children and teenagers in discussions about what support they'd like once they're back.

The school might be able to support with offering:

- to tell the class what's happened
- one special teacher or member of staff the child or young person can go to
- breathing space or 'time out' breaks
- creative outlets and resources, like books or memory-based crafts for younger children
- a school counsellor or a bereavement support group
- special consideration for exams.

“One of my biggest worries about going back to school was having to tell all the other children that my dad had died in the half term holiday. But they actually already knew, which was a big relief.”

Laura, whose dad died when she was 6

University and higher education bereavement support

It can be difficult to know where to find bereavement support at university. But there are many ways that a university can support a young person who's been bereaved. Most of all, it's important that the young person knows that they must ask for support if they're struggling with grief or their mental wellbeing. Student support teams might be able to direct the young person to services.

Each university has its own policy and types of support. A young person may want to find out how a university can provide support for bereavement and wellbeing before they apply. They might be able to find out more on the university's website or brochure.

Universities and colleges have a policy of not sharing information about students with their families. But some have an opt-in system. This is when a student lets the university share information about anything affecting their health or wellbeing with their family. You may want to ask the young person if they would like to do this.



For more information about returning to school, college or university, visit mariecurie.org.uk/return-to-school

Support at work

It's important for young people to feel supported at work. Each employer will have a different policy on bereavement support. Encourage the young person to check what their workplace policy says or ask their manager if they're not sure. Their workplace might be able to offer support like:

- bereavement leave or time off
- a gradual or phased return to work
- flexible working options
- an employee assistance programme
- informal support from their manager or colleagues.



For more information about going back to work after a bereavement, go to mariecurie.org.uk/grief-at-work



Looking after yourself

We all experience grief differently. There's no guide that works for everyone. If you're supporting a child or young person when someone dies, you might feel like their needs take priority over yours. But it's important to let yourself have time to grieve too. Try to be gentle with yourself and ask for help when you need it.

Things that may help you to feel better

It's a big task to keep everything going when you're grieving. If it's an option, think about who's around to help. This might be people who can help with:

- housework and jobs around the house
- pick-ups and lifts
- childcare
- admin to do with the person's death.

You may also find it helps to think about small things that make you feel a little better – and then try to build time into your day for them. It could be things like going for a walk, having a relaxing bath, meeting a friend for a chat, or booking a haircut. Or, when you feel up to it, practical tasks like returning a phone call or going out to do the shopping.

Remember that you do not have to go through bereavement alone. There are lots of ways to get support, whether you prefer to talk to someone in person or join an online community. If you would like to speak to someone about your feelings, you can contact the free Marie Curie Support Line on **0800 090 2309***. We also have trained bereavement support volunteers who can offer up to six sessions of support over the phone.

Would you like to connect with other people in a similar situation? Join our Online Community to give and get support from other people affected by terminal illness. Visit community.mariecurie.org.uk



We have more information on looking after yourself when you're grieving in our booklet, **When someone dies**. Order or download a free copy at mariecurie.org.uk/publications or visit mariecurie.org.uk/grief

“I contacted the hospice to ask about support for my son, William. After that was sorted, they asked me ‘and what about you?’ and I just burst into tears. I tried to say it’s not about me, it’s about William, but they really encouraged me to speak to the counselling team. I reluctantly agreed to the counselling, thinking I didn’t need or deserve it. They were so empathetic and caring to me.”

Esther, who supported her son William when her husband died

How Marie Curie can help

Marie Curie is here for anyone with an illness they're likely to die from, and those close to them. Whatever the illness, wherever you are, we're with you to the end.

Marie Curie Support Line

0800 090 2309*

Our free Support Line is for anyone with an illness they're likely to die from and those close to them. Our team, including nurses and specialist Energy Support Officers, offers practical and emotional support on everything from symptom management and day-to-day care to financial information and bereavement support. Our Support Line is available in over 200 languages, or via webchat at mariecurie.org.uk/support-line

Marie Curie Companions

Companion volunteers focus on what's important to you and those close to you. It might be accompanying you to appointments, being there to listen to how you're feeling without judgment, or stepping in so family or carers can take a break. Companions provide the emotional and practical support you want - at home, in hospital or over the phone.

mariecurie.org.uk/companions

Marie Curie Telephone Bereavement Service

Get ongoing bereavement support over the phone from the same volunteer. You can access up to six sessions of 45 minutes. We can help if your bereavement was expected, happened recently or was some time ago.

mariecurie.org.uk/bereavement

* Your call may be recorded for training and monitoring purposes.

Marie Curie Online Community

Our Online Community is a space for you to share thoughts, feelings and experiences. It's moderated by the Marie Curie Support Line team, who can also help answer your questions.

community.mariecurie.org.uk

Marie Curie Hospice care where it's needed

Our hospices

Our hospices help people with any illness they're likely to die from, and the people close to them, receive the support they need. From medical and physical support to psychological and emotional care, whatever your illness, at whatever stage of the journey, we help you to live the best life possible, right to the end.

mariecurie.org.uk/hospices

Hospice care at home

Our nurses, healthcare assistants and other healthcare professionals bring the clinical, practical and emotional help you need to you, in the comfort of your own home. And we offer support to the people close to you too - from reassurance and practical information to letting them take a break.

mariecurie.org.uk/nurses

Looking for more information?

If you found this booklet useful, we have free information online at mariecurie.org.uk/information or to order at mariecurie.org.uk/publications

Useful organisations

Child Bereavement UK

0800 02 888 40

childbereavementuk.org

Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Childhood Bereavement Network

childhoodbereavementnetwork.org.uk

Aims to improve the quality and range of bereavement support for children, young people, their families and other caregivers. Offers information about support services.

Cruse Bereavement Care

0808 808 1677

cruse.org.uk

A charity which helps bereaved people in England, Wales and Northern Ireland.

Cruse Bereavement Care Scotland

0808 802 6161

crusescotland.org.uk

A charity which helps bereaved people in Scotland.

Grief Encounter

0808 802 0111

griefencounter.org.uk

Supports bereaved children and teenagers through its website and helpline.

Kinship Care NI

028 7137 3731

kinshipcareni.com

This Northern Ireland charity for kinship carers has a helpline, and runs a drop-in service and support programme based in Derry.

Mencap

mencap.org.uk

A charity which supports people with learning disabilities, their families, and their carers. It works across England, Wales and Northern Ireland.

The New Normal

thenewnormalcharity.org

A charity which provides free peer support for adults facing bereavement. They host meetings and virtual meetups, including one specifically for young adults (over 18).

Winston's Wish

08088 020 021

winstonswish.org

A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals.

About this information

This booklet was produced by Marie Curie's Information and Support team. It has been reviewed by health and social care professionals and people affected by terminal illness.

If you'd like the list of sources used to create this information, please email review@mariecurie.org.uk or call the free Marie Curie Support Line on **0800 090 2309***.

Notice

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Your notes

Marie Curie

Marie Curie is the UK's leading end of life charity. Whatever the illness, wherever you are, we're with you to the end.

0800 090 2309*

Marie Curie provides free support over the phone in over 200 languages, and via webchat, to anyone with an illness they're likely to die from and those close to them.

Our team, including nurses and specialist Energy Support Officers, offers practical and emotional support on everything from symptom management and day-to-day care to financial information and bereavement support. Visit mariecurie.org.uk/support

We also have an Online Community where you can share thoughts, feelings and experiences at community.mariecurie.org.uk

We can't do it without you

Our free information and support services are entirely funded by your generous donations. Thanks to you, we can continue to offer people what they need, when they need it.

To donate, visit mariecurie.org.uk/donate

* Calls are free from landlines and mobiles. Your call may be recorded for training and monitoring purposes.

