



**Marie
Curie**

**How will
I cope
without
them
?**

**Is it okay
to be still
grieving
?**

**Is it normal to
feel this way
?**

Bereavement support

How our bereavement support can help

When someone close to you dies from a terminal illness, it can be difficult to manage your feelings of grief and loss.

Marie Curie's free telephone bereavement service* offers emotional support of up to six weekly sessions with one of our volunteers over the phone. You'll always talk to the same person, and each session lasts up to 45 minutes.

When you start using the service, we'll match you with your specially trained volunteer, who'll provide that safe space where you can talk openly about your grief and emotions.

* Please note that this is not a counselling service.

Find out more and sign up now at
mariecurie.org.uk/help/support/bereavement

Whatever your question, we're here to help

Marie Curie is here to help with practical information and support on all aspects of life with terminal illness, dying and bereavement. Here are some other services available free of charge.



Scan for more information.

-  Call our Support Line
0800 090 2309*
-  Order and download free booklets
mariecurie.org.uk/publications
-  Chat to us online
mariecurie.org.uk/support
-  Connect with others
community.mariecurie.org.uk
-  Find information
mariecurie.org.uk/support
-  Speak to an Energy Support Officer
0800 090 2309*

*Visit mariecurie.org.uk/support for opening times. Calls are free from landlines and mobiles. Your calls may be recorded for training and monitoring purposes.