

# Grief Support Guide



## Finding the bereavement support that's right for you

Everybody's experience of grief is different and there is no 'right' way to grieve or cope. Talking to people close to you can help, but many people need additional support at this difficult time.

The Grief Support Guide outlines the wide variety of bereavement support available, from self-help resources to support groups and formal grief counselling.

The guide also includes details of support for specific groups of bereaved people e.g. young widow(er)s, children, the LGBTQ+ community, faith groups, and people bereaved by certain types of death.



The guide can be downloaded at:  
[www.nationalbereavementalliance.org.uk/support](http://www.nationalbereavementalliance.org.uk/support)  
or by scanning this QR code.

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“I think different options are best so people can explore for themselves”

**BEREAVED PARTNER**

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