



Contact us

email: online.community@sueryder.org

visit: sueryder.org

 /SueRyderNational

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Scan here to visit our Online Bereavement Support pages



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.



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.”

Service users, online community and online counselling service

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

Our Grief Guide features expert information, advice, personal stories and tools – such as journalling and making a virtual memory box – to help you find new ways to understand and cope with your grief.

Visit our Online Bereavement Support at sueryder.org/onlinesupport

