

Resource

Grief Chat

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Our friends at Much Loved, who also manage [our online Tribute pages](#) have partnered up with Professional Help Limited to offer an online service to support people recently bereaved.

GriefChat is a live chat service that provides emotional support, access to trained bereavement counsellors and referral into other specialist bereavement services. They will listen to your story, explore how your grief is affecting you and help you to find any additional support you might need.

You can remain anonymous or provide your name, whichever you prefer. GriefChat is free to use and is open 9am-9pm Monday to Friday and then by email outside of these hours to info@griefchat.co.uk

To start your chat now, just click on the window in the bottom right of your screen.

Please be aware, GriefChat is a third party service. The service is available to all NRAS website users over the age of 18