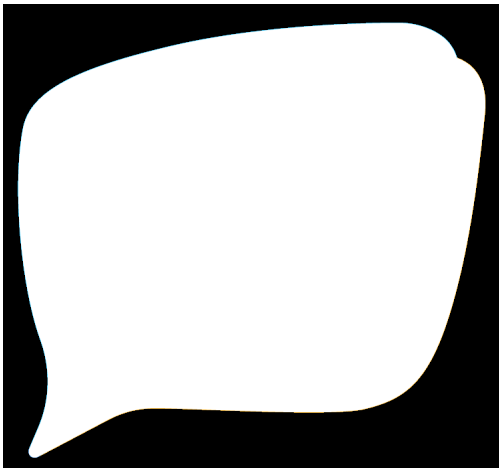


Resource

Grief Chat

We know that no-one can understand exactly what your loss feels like to you. But we do understand that it is sometimes easier to talk to someone outside of your friends and family about grief and the impact of bereavement on your life.

Print



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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

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