

Tips for coping

when someone you love has died

01

If you feel overwhelmed, look for the smallest task you can do. Can't face showering? Just wash your face.



03

Keep a routine, eat well and go outside once a day.



02

Everyone grieves differently, whatever you're feeling is normal.



04

Write down your feelings, it helps!



Grief support for you

Grief can leave you feeling overwhelmed and alone. Untangle is an online community of people who are going through the same thing.

Access grief support wherever you are, whenever you need it. Untangle's services include a friendly online community, support groups, and trusted advice.



Carol, (Widow)
Liverpool ↷

"There is something so comforting about being able to share with people who understand. Untangle was an outlet to express how I was feeling without burdening my family."

FAQ's:

What?

Free grief support any time of day or night

Where?

Either search Untangle Grief on the App store or visit www.untanglegrief.com

How much does Untangle cost?

Untangle's community and expert advice are completely free to use.

Who is Untangle for?

Untangle welcomes everyone who has been touched by a bereavement. We have local groups based on who you lost and how you lost them.



Scan the QR code to download.
www.untanglegrief.com


untangle

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