

## Sources of support for you if another volunteer is at end of life or has died

This resource has been created to share the range of support that you can access if you receive the news that another volunteer is at end of life or has sadly died.

This news can be very challenging and it will affect people in different ways, depending on the relationship they have with the volunteer. There's no right or wrong way to feel - it will be a personal and individual experience, and everyone reacts in their own way.

Your wellbeing is a priority for us so if you are finding it hard to carry out your volunteer role or continue volunteering with Lymphoma Action at this time, we encourage and recommend that you take a break from your role. Please speak with your volunteer manager and/or the Volunteering Team who are here to support you and talk through any situations you are finding difficult.

### Sources of support

- [Lymphoma Action Helpline Services](#) - our helpline offers information and support, and at difficult times we can offer you time to talk, a listening ear, and some emotional support.
- [Grief Chat](#) – a confidential service accessed via the Lymphoma Action website, where you can chat online with a specialist bereavement counsellor, free of charge.
- Lymphoma Action has information on [bereavement and grief](#) and [End of Life](#) that you may find helpful.
- [Lymphoma Action's Dedication Page](#) is a space to share thoughts, feelings, and memories.
- The NHS website has an online search tool to help you [find local bereavement services](#).
- Cruse bereavement care is a charity that offers support when someone has died. Their booklets, including [Has someone died? Restoring hope](#), gives suggestions on how you can take care of yourself and where to go for advice and support.
- Marie Curie has a [directory of bereavement support](#).
- You can speak to your GP for advice about support that's available in your area.
- We also have a general page for [volunteer wellbeing and support](#).