

# Post-Webinar Resource Sheet

**for:** National Grief Awareness Week: Kindness and Compassion in Loss

Thank you again for joining Thrive Talking Webinar!

Please read through this post-webinar handout to learn more about the resources available!

## Why is this topic important?

- It highlights why compassionate support during loss matters.
- It normalises grief as a shared human experience.
- Showing that small acts of kindness can truly help those grieving.

## Resources:

### Podcasts/Talks:

- **Shapes of Grief** — Hosted by a grief therapist, this show focuses on personal stories of loss and healing, offering listeners a sense of shared experience and hope.
- **On Grief and Grieving** — by Elisabeth Kübler-Ross & David Kessler

### Organisations:

- <https://www.cruse.org.uk/>
- <https://www.mariecurie.org.uk/>
- <https://www.papyrus-uk.org/>

### Books:

- **It's OK That You're Not OK** — Megan Devine
- **The Grief Recovery Handbook** — John W. James & Russell Friedman



### Support & Helplines:

- **Samaritans (UK):** [samaritans.org](https://www.samaritans.org) | ☎ 116 123 – Free, 24/7 emotional support.
- **SHOUT Mental Health Text Line:** [giveusashout.org](https://www.giveusashout.org) | 📱 Text "SHOUT" to 85258

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