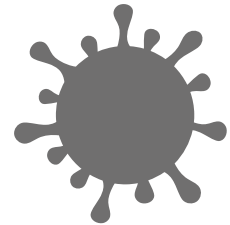


# Have you lost someone close through the Covid-19 virus?

## You may be feeling:

- Shock
- Anger or guilt
- Distressed
- Alone



[www.mentoringsurrey.org.uk](http://www.mentoringsurrey.org.uk)

**You may not have been able to spend time with your loved one while they were ill, or to say goodbye in person because of infection controls in hospitals and care homes. You may not have been able to see your friend, family member or partner after they died or even attend the funeral. You may be struggling to accept what has happened if the illness progressed very quickly from mild symptoms to serious illness.**

## **We can help...**

We are a local charity with experience of supporting people through challenging times. Our Covid-19 Support Groups bring together people who have lost a loved one because of the Covid-19 virus or complications arising from the virus, with a trained therapist. Our online sessions last for one hour during the evening and you can take part for as long you need. Guided by our therapist, each group will be encouraged to provide informal support to one another and use talking therapy to explore emotions, problems and solutions. Just knowing you are not alone can be a real comfort too.

**To register please email**

**[eastsurreymentoring@surreycaretrust.org.uk](mailto:eastsurreymentoring@surreycaretrust.org.uk)**

If you'd like to find out further information about our Covid-19 Support Groups please contact Cathy Leamon

email: [cathy.leamon@surreycaretrust.org.uk](mailto:cathy.leamon@surreycaretrust.org.uk)

call 07919 213 904 or 07730 570 305

**[www.mentoringsurrey.org.uk](http://www.mentoringsurrey.org.uk)**

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Company limited by guarantee under number 01658859  
FF12 Astolat | Coniers Way | Guildford | Surrey | GU4 7HL  
01483 426990