# Refer your clients to Westercove™.

Refer adult clients to Westercove™ for grief support between sessions. Westercove does not replace therapy or medical care. It fills the hours around them. Available **online** and on **Google Play**.

> Westercove™ is an interactive digital grief wellness tool combining grief education, guided journaling, and personalized support to help adults understand what they are experiencing and to put language around that which they may not yet know how to explain.

01 — THE NEED

## Grief support keeps office hours. Grief does not.

Online grief support helps, and the work clients do between sessions matters.

**1,349** adults in 9 trials: online grief support reduced grief symptoms.
*Zuelke et al., 2021*

**2,312** clients in 17 studies: work between sessions linked to better outcomes.
*Kazantzis et al., 2016*

**20%** of grieving US adults surveyed met criteria for prolonged grief disorder.
*Rheingold et al., 2024*

02 — THE OFFER

## What your clients receive.

### 1 Support for four types of grief

Westercove™ supports four types of grief: death of someone you love, caring for someone slipping away, the death of a beloved animal, or losing part of your own life through health, marriage, career, identity, or role.



1 Someone I love died



2 I am caring for someone who is slipping away



3 Part of my life has changed or ended



4 I lost a beloved animal

### 2 Interactive guided journaling, answered

Clients can speak or write and receive a personalized response.

### 3 The Grief Library

A grief library of published research and resources that inform Westercove's practices, guidance, and interactions.

### 4 Hard dates, prepared for

Anniversaries and holidays are anticipated before they arrive.

### 5 A summary for session

Clients can download a summary of their entries to share with their care team.

Sources: Zuelke et al. (2021), JMIR Mental Health, 8(12), e29661. Kazantzis et al. (2016), Behavior Therapy, 47(5), 755 to 772. Rheingold et al. (2024), JAMA Network Open, 7(6), e2415325.

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## 03 — HOW IT WORKS

### A guided walkthrough
See it yourself before you refer.

### Refer your clients
Share it with adults who need support.

### Clients join
Online or on Google Play. Apple is coming soon.

### Entry summary available
Clients can share a summary of their entries.

**Available now**

Start online or on Google Play. Apple App Store coming soon.

Scan to join

GET IT ON Google Play

## 04 — WHY CHOOSE WESTERCOVE™

# Grief support, built for what continues.

Bereavement is the set of tasks a death creates, and it ends. Grief is the response to loss, and it keeps no timetable. Westercove™ is built for the grief.

### It works alongside your care.
*A client writes on Tuesday night and brings a summary to Thursday's session.*

### It knows what it is not.
*It does not diagnose, assess, or treat. The 988 Suicide and Crisis Lifeline appears on every screen.*

### It is private by design.
*Entries are encrypted. No one reads them, and nothing reaches you unless the client shares it.*

## 05 — EVIDENCE AND CREDIBILITY

**18** **Guiding principles**

Beliefs about grief, grounded in evidence-based research, that drive the design of Westercove™.

Scan to read the Guiding Principles

**13** **Includes features clinicians look for**

Crisis support on every screen. Grounded in grief research. Death and nondeath losses. Anniversaries anticipated. Entries private to your client. Your client sets the pace. A summary for session. Culturally responsive content. Online and on Google Play. Clear about its limits. Speak or write each entry. A curated Grief Library. Points to you, crisis lines, and community support.

### OUR MISSION

Westercove™ helps adults understand, express, and adjust to loss through credible grief education, guided reflection, and responsive, private support. Westercove honors every form and pattern of grief, remains available whenever grief arises, and works alongside professional and community care.



*"Grief support keeps office hours. Grief does not."*

**Dr. Wesley Carter**, Founder & CEO

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Scan to visit westercove.com

Scan to book a meeting

**Westercove™ does not replace therapy or medical care. It fills the hours around them.** A grief wellness and education tool for adults 18 and older. The 988 Suicide and Crisis Lifeline appears on every screen.

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