

Support you can recommend.

Westercove™ is a companion you can recommend to adult clients for the hours between sessions. It offers grief education, guided writing, and support, and it works alongside the care you provide.

Westercove™ is an interactive digital grief wellness companion 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.



For the hours between sessions.

01 — THE NEED

Grief keeps no hours. Sessions do.

Much of a client's grief happens between appointments: at night, on anniversaries, and in ordinary moments. Three founding principles of Westercove™, each grounded in grief research, shape how it meets those hours:

02 Putting words to a loss changes how it is carried.
Expressive writing can reduce grief related distress.
Yao et al., 2025; Zheng et al., 2026

05 A bond that continues is health, not a symptom.
Continuing bonds appear in people with and without prolonged grief.
Keser et al., 2026; Wolf et al., 2024

06 Grief moves. It is not a staircase. People move between the loss and ongoing life, not through fixed stages.
Fiore, 2021; Larsen et al., 2025

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.

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 Grief Journal
Clients can access a summary of their Westercove™ grief journal at any time.

03 — HOW IT WORKS

○	○	○	●
A conversation About your clients, your practice, and where it fits.	Evaluate it A guided walkthrough, plus the Clinician Rubric for Evaluating Grief Apps and its instructions.	Recommend it Share it with clients who need support between sessions.	Stay in touch New titles, research updates, and a direct line to Dr. Carter.

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 (Carter & Johnson-Hostler, 2026). Westercove™ is built for the grief.

It fills the hours between sessions.

A client wakes at three in the morning on the anniversary and needs grief support right that moment.

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 and belong to the client. Nothing reaches you unless the client chooses to share it.

05 — EVIDENCE AND CREDIBILITY

18 **Founding principles**
Beliefs about grief, each paired with peer reviewed research.

13 **Evaluation domains**
A rubric Dr. Carter co-authored for evaluating digital grief tools.

07 Grief that goes unrecognized is still grief.

11 A hard date met in advance lands differently.

15 Grief keeps no hours. Care does.

16 A griever will not write the truth unless they are certain it is private.

Refer a client to Westercove™. Share www.westercove.com with clients.

Refer a client



"Grief support has business hours. Grief does not."

Dr. Wesley Carter, Founder & CEO

Request a conversation

drwesley@westercove.com

(704) 453-9520

www.westercove.com



Scan to visit
westercove.com

Westercove™ does not replace therapy or medical care. It fills the hours around them. A wellness and educational companion for adults 18 and older, working alongside the care you provide. The 988 Suicide and Crisis Lifeline appears on every screen.

Source: Carter & Johnson-Hostler (2026), Evaluating Digital Grief Support.

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