

Would a Doula help?

Here's when to consider doula support:

01

When facing a terminal illness and you want support beyond medical care

A doula offers emotional and practical guidance alongside clinical treatment, helping you to navigate what matters most during this time.

02

When planning ahead for the end of life feels overwhelming or unclear

Doulas can help with advance care planning, decision making and conversations about personal goals, values and preferences and what **your** "good death" looks like.

03

When conversations with those important to you feel difficult or avoided

A doula creates a calm, safe space to explore feelings, hopes and fears, and to help everyone involved in a person's care feel heard and supported.

04

When seeking a more personalized and meaningful end of life experience

Doulas help shape the last stage of life with ritual or ceremony, legacy and life review, or simply holding space, so that care is guided by the individual's own wishes.

05

When additional support is needed for those important to the person dying

Doulas offer calm, non-judgmental presence before, during and after death, helping relatives and friends feel less alone and more supported.

06

When navigating grief before or after a loss

Doulas are warm, open listeners, literate in all the ways grief shows up in our lives, and can normalize the experience of grief.

