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illume apps

Transforming the world's leading self-development books into practice-based app courses

OUR APPS



GRIEF
WORKS



ANXIETY
SOLUTION



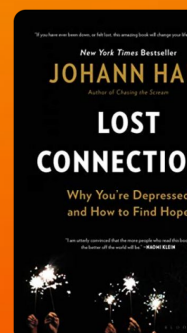
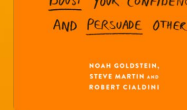
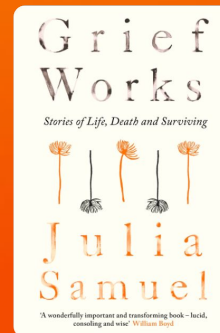
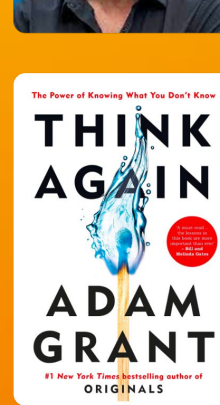
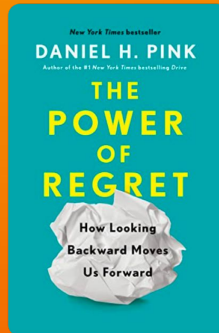
DEPRESSION
SOLUTION



SELF
COMPASSION



HELPING
PEOPLE CHANGE



**Enjoy a limited-time 10% discount
on our Self Compassion and Anxiety apps**



SELF COMPASSION
by illumine

Feel happier, calmer and more connected

Your toolkit to help you develop, maintain, and practice self-compassion



Scientifically validated
in clinical trials



Download on the
App Store



GET IT ON
Google Play

**Get 10% off for
12 months' support**

Claim offer

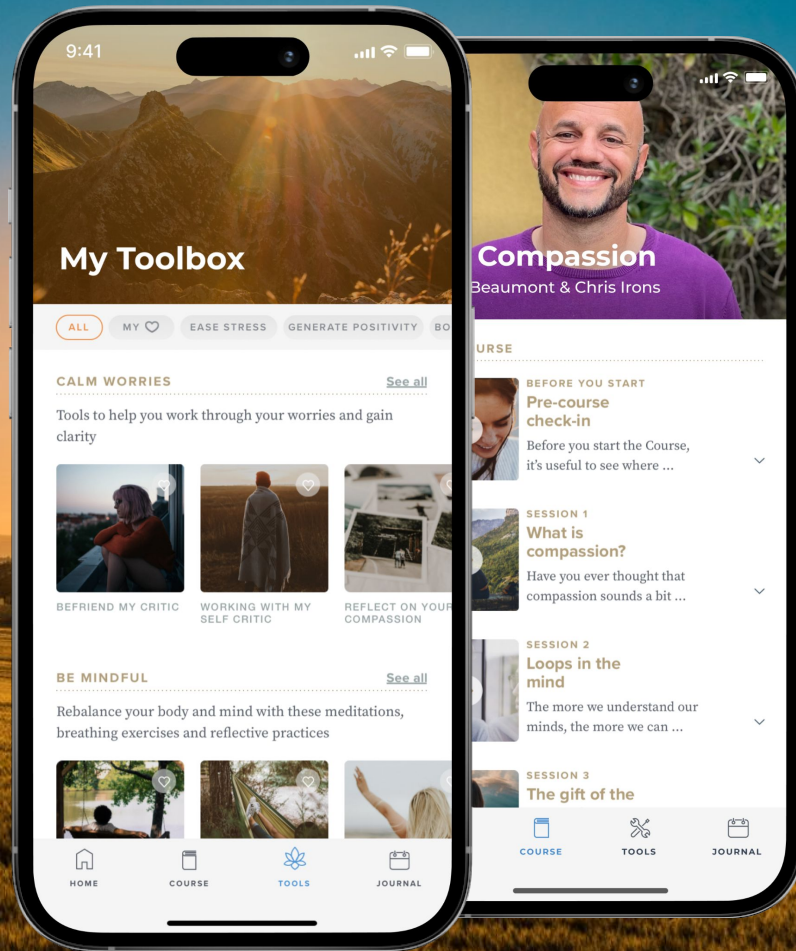
OR SCAN QR

£44.99 ~~£49.99~~
only £0.96/week

This limited-time offer is available until
the **13th of October, 2023**



**30-Day Money
Back Guarantee**





ANXIETY SOLUTION
by illumine

Discover a calmer, happier you

Your complete anxiety toolkit



Download on the
App Store



GET IT ON
Google Play

Get 10% off for
12 months' support

Claim offer

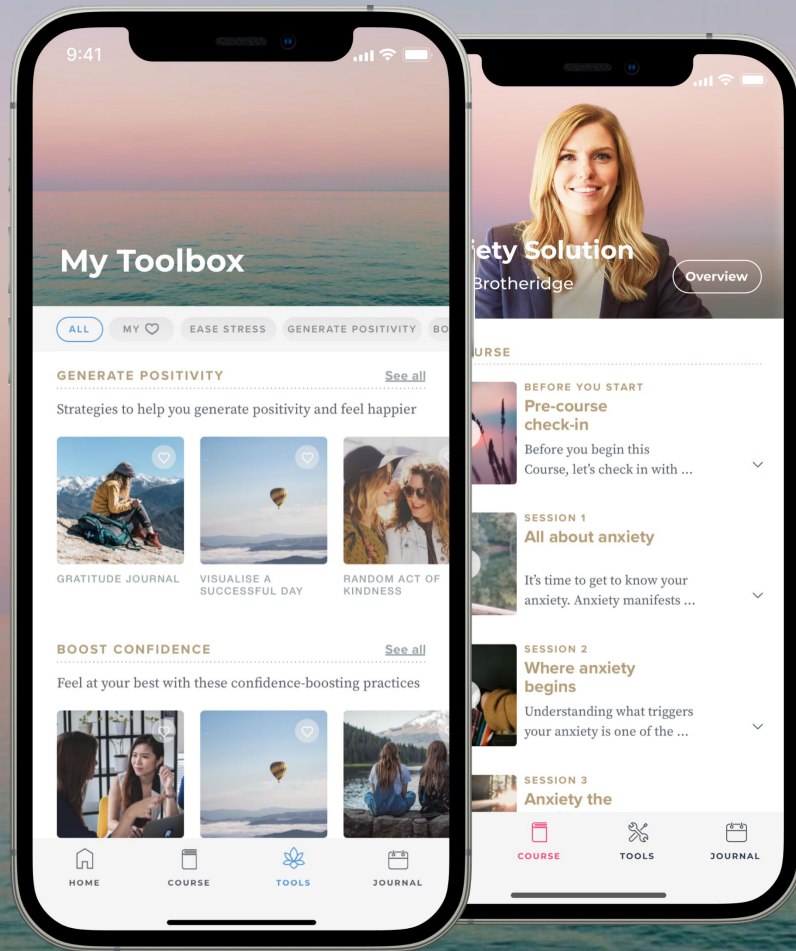
OR SCAN QR

£32.39 ~~£35.99~~
only **£0.69/week**

This limited-time offer is available until
the **13th of October, 2023**



30-Day Money
Back Guarantee



**Enjoy a limited-time 25% discount
on our Grief Works app**



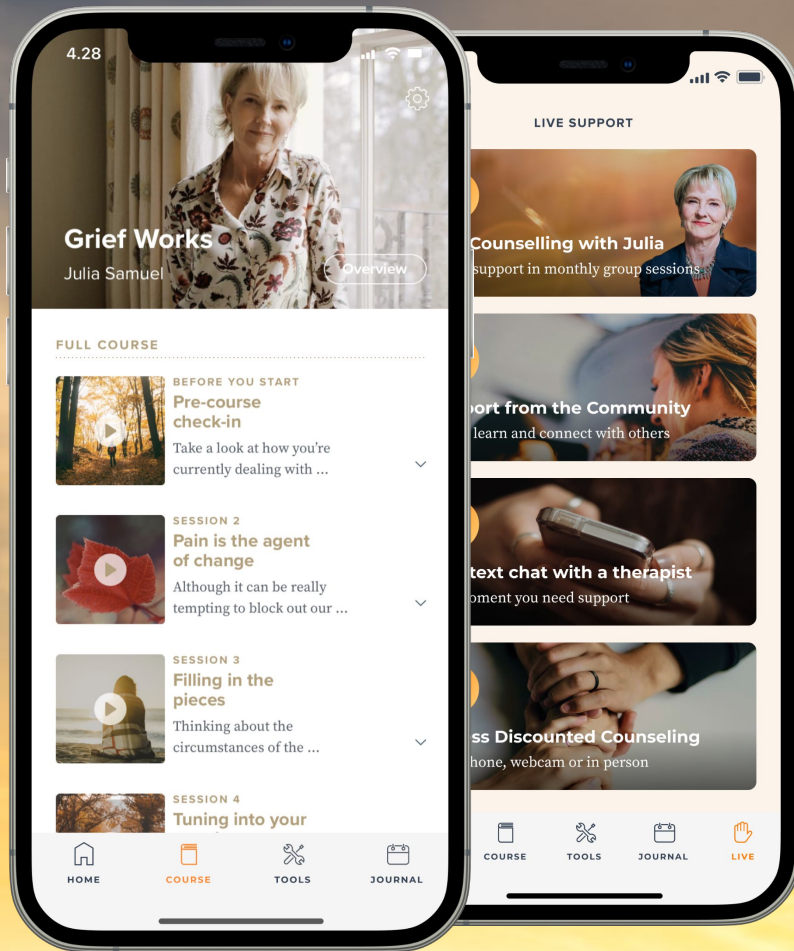
GRIEF WORKS
by illumine

Soothe your pain and get the support you need

A therapeutic approach that guides you through your grief
with tools and direct access to therapists



**93% of the time people report feeling “better”
or “much better” after using Grief Works.**



Get 25% off for Grief Works' Support



"This is the closest I have come to 1:1 therapy in an app. Thank you for helping me on my grief journey"



"Having had professional counselling for grief this app is on a par if not better"



It's like you personal therapist at your fingers. It definitely came from a lot of experience. I recommend it for people suffering of all kinds

Typical cost of 12 months therapy £3,000. Grief Works' Support 95% cheaper

3 months' support

Claim offer

OR SCAN QR

£97.40 ~~£129.87~~
only **£7.49/week**

This limited-time offer is available until the **13th of October, 2023**



30-Day Money
Back Guarantee

12 months' support

Claim offer

OR SCAN QR

£194.61 ~~£259.48~~
only **£3.74/week**

This limited-time offer is available until the **13th of October, 2023**



30-Day Money
Back Guarantee

The first step to navigating grief

Navigating grief doesn't mean that you forget and move on.

Adjusting to a loss transforms who you are while keeping you connected to your loved one.

But the unpredictable nature of grief means it's hard to go through it alone. Studies have shown that being alone makes the grieving process much harder and longer than it has to be.

Seeking professional help marks the first step in your path towards healing. However, many people are unable to access counselling due to long waiting lists at counselling organisations, time or financial constraints.



Introducing Grief Works

The affordable & private support for grief

✓ Soothe your pain

Discover ways to manage fear, anger, sadness, guilt, numbness & futility with tools and guidance in your pocket the moment you need them.

✓ Develop techniques to stay grounded

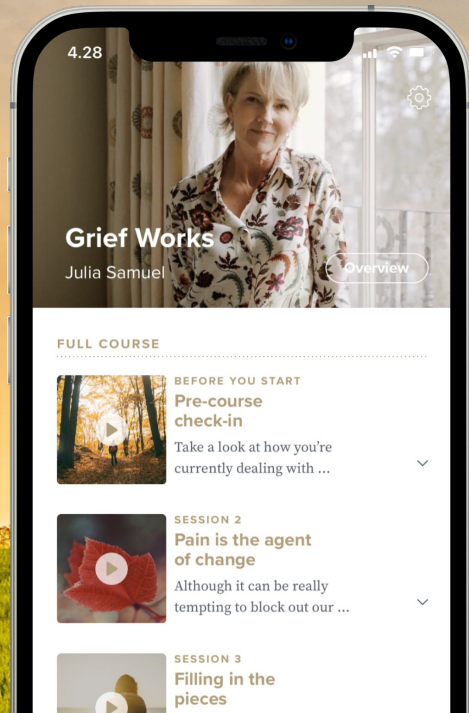
Develop the 8 pillars of strength to look after your mental health, build resilience and feel more able to cope with life.

✓ Find ways to trust in living and loving again

Learn ways to gently let hope and happiness back in and to open yourself up to a future where you can hold your love for that person from the past whilst embracing your present and future ahead.



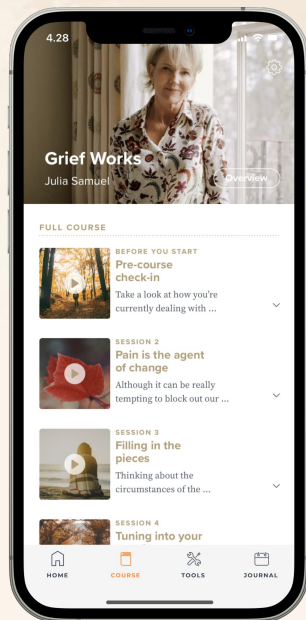
GRIEF WORKS
by illume



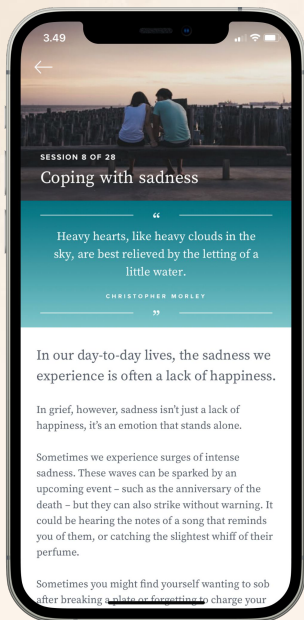
GRIEF WORKS OFFERS

Digital support

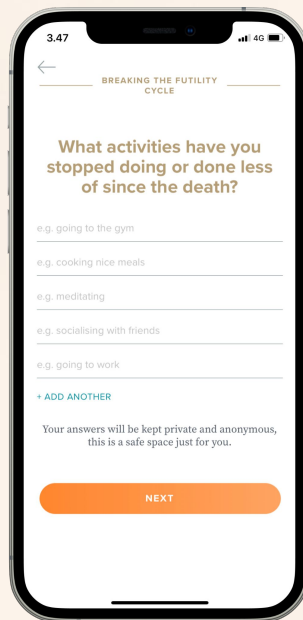
Process your grief at your own time and pace



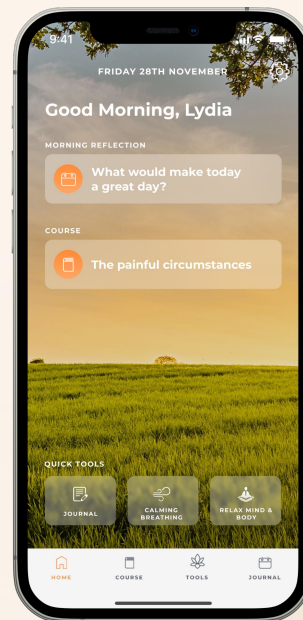
28 Session
Interactive Course



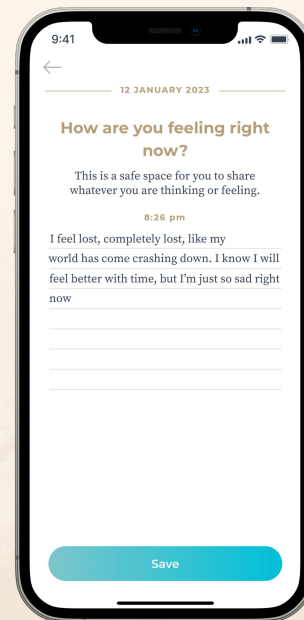
Bite Size Learning
Listen or Read



30+ tools to help
manage your
emotions



Daily Reflections

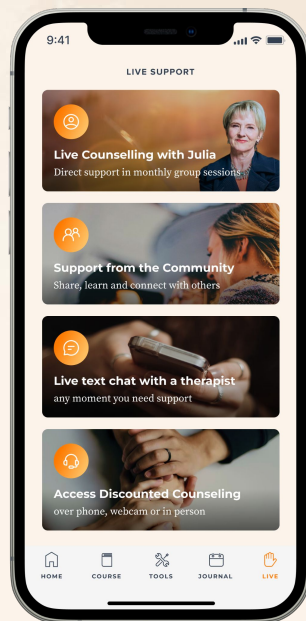


Journaling

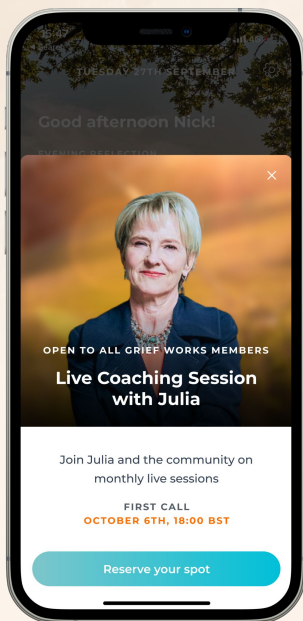
GRIEF WORKS OFFERS

Live support

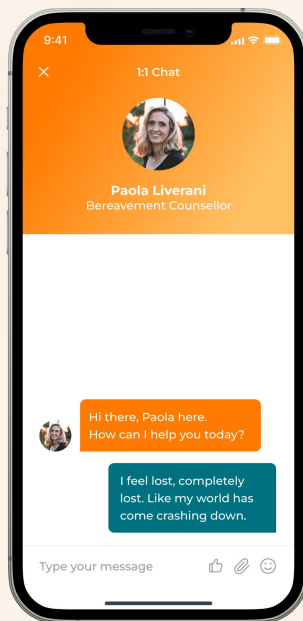
While receiving compassionate live support



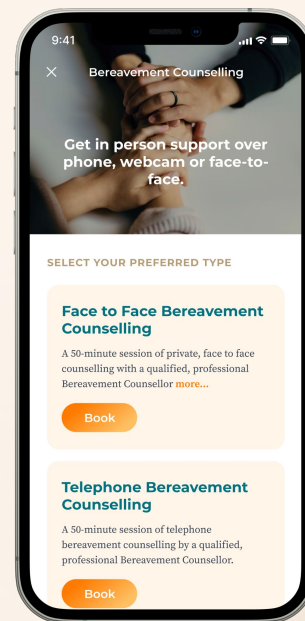
Live Support



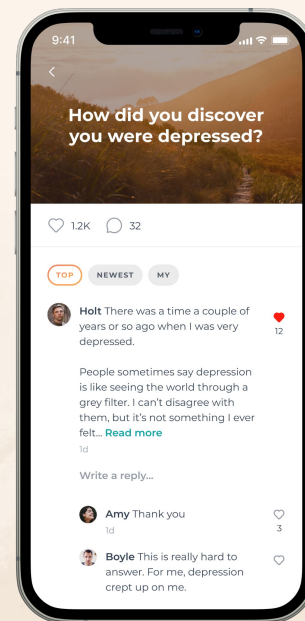
Monthly Live Group Coaching



Live Text Chat with Therapists



Book Therapy Sessions



Community Support

“

My husband died two months ago, at the age of 56. We had been together for 40 years and I just wanted to die. I could see no hope.

I downloaded the app... I can't really explain it other than I felt that someone really understood the agony I was in.

I don't think I would be here had it not been for Grief Works.

5* App Review Apple App Store



Unravels the complexities

“This app has done so much to help me unravel the complexities of my grief. Three heavy years of being stuck but after only 10 days I feel lighter and calmer. I’m so glad I found it.”



Like a good friend

“It’s been like having a good friend with me each day who understands more than anyone else the despair and loneliness of grief. I wish I’d found this earlier.”



Life saver

“Grief Works has been truly life changing. The app helped me feel deeply connected to my wife, who died 5 months ago. It has allowed me to appreciate both the bright moment as the moments of sadness. I’ve gone from floundering in despair to feeling more like myself.”



Unravels the complexities

“This app is a wonderful resource for anyone who is trying to cope with the death of a loved one and is feeling lost in a new and unwelcome new world. It feels remarkably personal and nurturing.”



Support at whatever stage you are in your journey

“This app has the potential to change your grief journey into a reflective, supportive and more positive experience, at a time when you might be feeling lost, alone and fearful of your future. Highly recommend.”



Great app

“A really powerful tool which is supporting me to move through one of the toughest periods in my life.”

Led by grief expert Julia Samuel MBE

Renowned psychotherapist Julia Samuel MBE created this to provide high quality support that you can have with you and turn to at any time.

She's distilled everything she's learned from **more than 30 years counselling** the bereaved into something you can download and use immediately for the price of a coffee a week.

You can interact with it similar to how you would a counsellor, but at your own time and pace, with private and personalised support.



Join upcoming free live session with Julia

You will have the opportunity to ask Julia questions directly, gain valuable insights and actionable steps to help you navigate the complexities of grief and embark on a path toward healing and hope. Plus, you'll get to connect with other members of the Grief Works community.

See free live session schedules below

Reserve your spot

<https://illumapps.com/griefworks/free-live-sessions/>

After completing the sign-up process, you will promptly receive a confirmation email. This email will contain a link to a form where you can specify any questions or topics you would like us to address.

