



How People Work With Fear of Death

Why This Fear Is So Human

Fear of death is a natural response to uncertainty and loss and often points to what we care about most. Avoiding the topic can increase isolation and distress

What Helps People Feel Less Alone

Being able to talk openly without being “fixed”

Feeling heard and supported

Connecting fear to meaning, values, and relationships

Different Ways People Find Support

Therapy or counseling

Support groups or peer circles

Spiritual or existential support

Psychedelic assisted therapy where legal and appropriate

What Research Is Exploring

Studies suggest psychedelic assisted therapy may help reduce fear and distress. Benefits appear linked to perspective shifts and emotional processing and effects are strongest with preparation and integration

What This Does Not Mean

It is not about avoiding death

It is not about eliminating fear completely

It is not a replacement for care

This resource is for educational purposes only and does not replace medical or mental health care.