



Welcome to the  
**WHY GRIEF MATTERS**  
Resource Guide  
Soon to become a website

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The best internet resources on grief and loss.

All in one place.

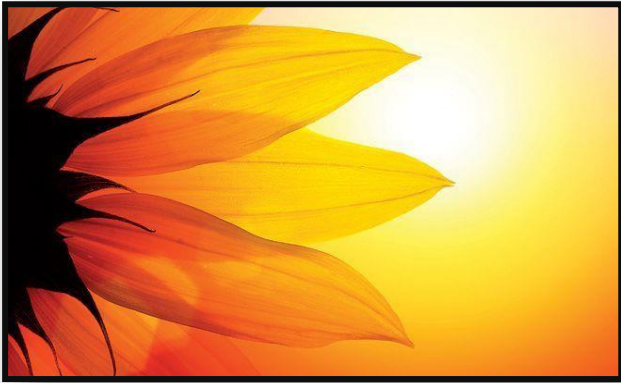
**[whygriefmatters.org](http://whygriefmatters.org)**



## OUR STORY

Why Grief Matters was created by a small team of dedicated people without professional or financial backing. We began our work to provide support for individuals who had lost a loved one in the COVID-19 pandemic. Because few mental health resources were available, we began to search for material online that could help fill this gap. We looked for resources to help bereaved people address their grief, manage difficult emotions, build resilience, and improve their mental health and well-being. We reviewed hundreds of websites and identified a wealth of information for those who lost a loved one during the pandemic. When we saw what the internet had to offer, we were determined to make these resources available in one place. We selected the best of these resources and combined them into a comprehensive, searchable guide. We recognized that this compilation of resources could benefit anyone who is grieving, not just those who are suffering a loss from COVID-19. Over time, we broadened our content to include many other kinds of losses.

We sent this resource guide to several grief experts before circulating it more widely. Without exception, their responses were extremely positive. For example, Dr. Robert Neimeyer, Director of the [Portland Institute for Loss and Transition](#), described the guide as “a Godsend...Countless mourners will suffer less because of this remarkable compendium.” Our resource guide has also received attention in the media. On three separate occasions, *The New York Times* reporters have included a link to our guide in their article about grief. The Harvard School of Public Health referenced the resource guide in its monthly newsletter.



## **COMING NEXT: A NEW WEBSITE**

Numerous people have urged us to transform our resource guide into a website, which would enable us to make these materials available to a much larger audience. We have made excellent progress on this endeavor. We obtained a domain name, [whygriefmatters.org](http://whygriefmatters.org), which is also the name of the new website. We were extremely fortunate to connect with Dan Chambers, a very talented front-end engineer, who has volunteered his time to create a website for [whygriefmatters.org](http://whygriefmatters.org). The site should launch within a few months. Converting our resource guide into a website will greatly increase the potential for bringing the material to those who would benefit from it.



## WHAT OUR WEBSITE WILL OFFER

### 1. **Best grief resources consolidated**

There is excellent material about grief on the internet, but it is scattered around and can be hard to find. We have identified outstanding resources on dozens of topics pertaining to grief and loss. Examples include coping strategies for grief, how to handle feelings of guilt and anger, and coping with the death of a pet. For each topic, we have compiled the best articles, opportunities for peer support, stories, and websites pertaining to that topic.

### 2. **Peer support and support groups**

Contact with those who have experienced a similar loss can provide validation for one's feelings and play a vital role in the healing process. Why Grief Matters integrates and organizes resources on forums, peer support and support groups from dozens of other sites.

### 3. **A wide array of resources for underserved groups**

The pandemic highlighted the striking inequalities in access to resources for members of marginalized and underserved groups. Identifying valuable materials for these groups has been a major focus of our work. Specifically, we have included a rich array of resources for the following communities: African American/Black; Asian American/Pacific Islanders; Indigenous Communities; Latino/Hispanic Americans; the LGBTQ+ community; and people with disabilities.



**4. Stories touching on all types of grief/loss**

We have included hundreds of stories that cover losses of every type, spanning countless situations. Stories about grief can be instrumental in restoring hope and helping the bereaved to recognize that they are not alone.

**5. A special collection of COVID-related grief resources**

COVID-19 has claimed over 1 million American lives, leaving tens of millions grieving in its wake. Why Grief Matters offers unparalleled resources for those who lost a loved one during the pandemic.

**6. A wealth of information for individuals who want to provide support to the bereaved**

In coming to terms with the death of a loved one, nothing is more important than receiving support from others. Yet many people are reluctant to reach out to the bereaved because they do not know what to say or do. We describe the best and most effective ways to provide support to people who have experienced many different losses, including the death of a parent, spouse, child, sibling, and pet.

During the past three years, we have updated and expanded the resource guide. We have identified and added valuable resources on dozens of topics. We have also included new topics, such as grief resulting from Alzheimer's Disease or dementia, and the deep feelings of loss often associated with infertility.



Transforming our resource guide into a website will enable us to make these resources available to anyone and everyone who can benefit from them. We are unwavering in our commitment to this goal.



## ABOUT THE AUTHORS AND TEAM MEMBERS

**Camille B. Wortman, Ph.D.**, is a Professor Emerita of Psychology at Stony Brook University in New York. Her research focuses on grief, with an emphasis on how people are affected by the sudden, traumatic death of a loved one. She has authored four books, including one entitled [Treating Traumatic Bereavement](#), and [more than 100 articles](#) and book chapters dealing with grief, loss, and trauma. Dr. Wortman has received awards for her research from the American Psychological Association and the National Science Foundation. Her work has been featured in such media outlets as *The New York Times*, *The Washington Post*, National Public Radio (NPR), Public Broadcasting Service (PBS), and *The Wall Street Journal*. Over the course of her career, Dr. Wortman has been involved in public service and has volunteered her time to several projects pertaining to traumatic loss. She was invited to develop educational materials on trauma and loss for several websites, including those of the American Psychological Association and the International Society for Traumatic Stress Studies. She also assisted in creating a website on grief for PBS. She posted a number of blogs on that website for bereaved individuals (e.g., How to Get Through the Holidays) and their family members and friends (e.g., Offering Support for the Bereaved: What to Say and Do). Please note that she is unable to respond to individual requests for support. You can email Dr. Wortman at [camille.wortman@gmail.com](mailto:camille.wortman@gmail.com).

**Jessica Gregory, M.S.**, is a graduate of the Finger Lakes School of Acupuncture and Oriental Medicine at the Northeast College of Health Sciences in Seneca Falls, New York. She is an NCCAOM National Board-Certified Oriental Medicine practitioner and has worked in private practice as a licensed acupuncturist for over ten years. Ms. Gregory now co-owns Family Billing Solutions, LLC, a medical billing company for complementary and alternative medicine healthcare professionals.

**Andrew Wortman, M.A.**, received a BA degree from Stony Brook University, where he majored in Psychology. He also obtained a master's degree in Psychology from Stony Brook University. At present, he is devoting most of his time to political activism and social media.

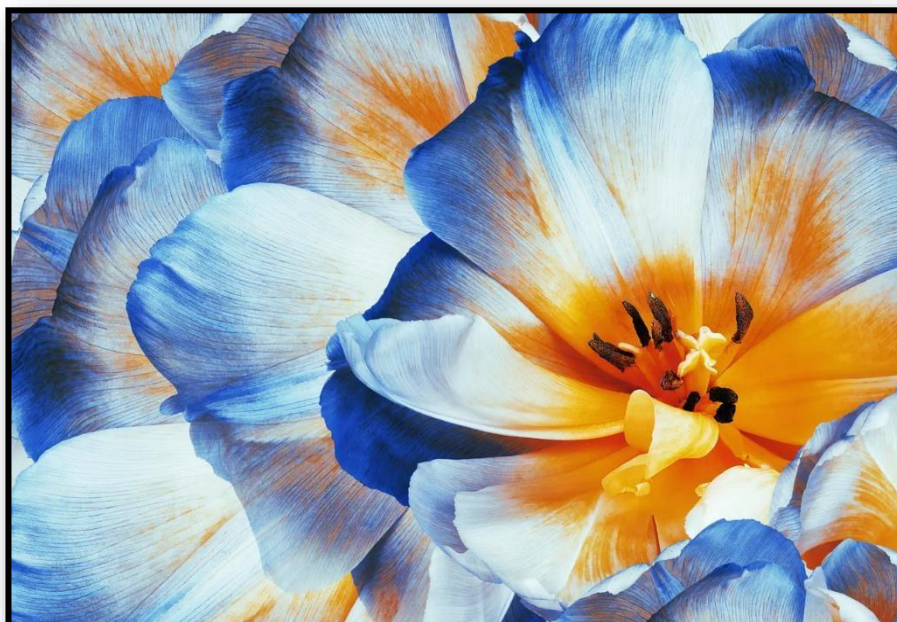
**Chérie Mahady, M.S.**, received a BA degree from Stony Brook University, where she majored in Psychology. She also obtained a master's degree in Secondary Education - Mathematics from Dowling College. She has served as an assistant to Dr. Camille Wortman for the last 30 years.



## **ACKNOWLEDGEMENTS**

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Finally, the authors wish to acknowledge the experts who provided feedback on the Guide: Christine Courtois, Ph.D., ABPP, Kenneth J. Doka, Ph.D., Howard Friedman, Ph.D., Jack Jordan, Ph.D., Karestan C. Koenen, Ph.D., Wendy Lichtenthal, Ph.D., Robert A. Neimeyer, Ph.D., Laurie Anne Pearlman, Ph.D., Therese Rando, Ph.D., Ginger Rhodes, Ph.D., Christine Dunkel Schetter, Ph.D., Donna L. Schuurman, Ed.D., F.T., and Roxane Silver, Ph.D.



## **DISCLAIMER**

The information in this Guide is provided for educational and informational purposes only. It is not a substitute for professional help. The information has been provided in good faith. However, the authors are not representing the information included in the Guide as accurate or valid. It is the user's responsibility to evaluate any information contained in the Guide and to seek the advice of mental health professionals as necessary. This Guide includes links to many other websites. The inclusion of a link does not constitute an endorsement of the website or the views expressed therein. Under no circumstances do the authors accept any liability for problems that users may incur as a result of relying on resources contained in this Guide. Those who rely on these resources do so at their own risk.

The compilation of material in this Guide is protected by copyright.

Use of any material from this Guide for developing an AI model is strictly prohibited.



## How to Use This Guide

The best way to search the Guide is to review the **Topics We Cover**, which are listed below. We begin with a list of resources for those who are in crisis or in need of immediate help. Next, we present our Featured Topics, which include Dealing with Holidays and Special Occasions, Helping Children Cope with Loss, and many others. This is followed by our section on Types of Loss. We cover the loss of immediate family members, members of the extended family, friends, coworkers and pets. We also cover miscarriage/stillbirth/pregnancy loss/ neonatal loss, infertility, sudden, traumatic losses and losses resulting from illness.


Next, we provide resources for Underserved Populations. This is followed by a section on Guidance for the Newly Bereaved, which provides resources on such topics as funerals and handling the estate. We then offer material on Understanding Grief, Building Resilience, and Self-Care.

Next, we include resources on Support Groups/Peer Support and on Therapy. The next topic is Preparing for Death, where we address end-of-life concerns, wills, and conversations about death. This is followed by our section on Supporting the Bereaved. Our concluding section focuses on Death and Grieving Due to/Following COVID-19.

You can also search for specific topics using the “Find” option on your device.

***How to search the Guide on an Apple computer (running Mac OS):*** Open the Guide in your web browser (e.g., Safari, Firefox, Google Chrome, etc.) Click the Edit Tab at the top of the page and then select “Find” or “Find on this Page.” You can also use the shortcut by pressing and holding down the “command” key, then pressing the “F” key. A search box will appear. Type the term you want to search and press the “enter/return” key. This will locate the search term throughout the document. If there is a resource you wish to view, click on the underlined link to be directed to the material on that particular website.

***How to search the Guide on a Microsoft computer (running Windows):*** Open the Guide in your web browser (e.g., Google Chrome, Firefox, Microsoft Edge, etc.) Use the search feature by holding down the “control” key and pressing the “F” key. A search box will appear. Type the keyword or phrase that you want to find and press the “enter/return” key.

***How to search the Guide on a mobile Apple device (e.g., iPhone, iPad):*** For iPhones, iPads, and other mobile devices running Mac iOS, press this icon at the bottom of your screen.  This will bring up a menu. Select the option that says, “Find on Page” and has a magnifying glass symbol next to it. This will bring up a search bar that will allow you to search the Guide for any specific word or phrase.

***How to search the Guide on a mobile Android device (e.g., Samsung Galaxy):*** If you are viewing the Guide on a PDF viewer, follow the instructions for searching. Many PDF readers use an icon of a magnifying glass for their search function; click this to search within the document.

If you are viewing the Guide on a web browser app like Google Chrome, you can search it by clicking on the (...) icon. This will open a menu. Select the “Find” option from the list. Enter the term or keywords that you want to search for. These will become highlighted throughout the Guide.

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## Crisis/In Need of Immediate Help

[988 Suicide & Crisis Lifeline](#) “provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States...The 988 Suicide & Crisis Lifeline utilizes the guidance of experts, as well as the voices of lived experience, to continually improve Lifeline services.” Available in English and Spanish. Call or text the 3-digit nationwide code: [988](#)

Online chat: [988lifeline.org](https://988lifeline.org)

[Crisis Text Line](#) provides free mental health support via text message 24/7. “We’re here for everything: anxiety, depression, suicide.” Text HOME to **741741**. “Crisis Text Line is powered by volunteer Crisis Counselors.” Available in English and Spanish.

- **More Resources:**

- ❖ Mental Illness & Substance Abuse

- ♦ [NAMI HelpLine](#). “[National Alliance on Mental Illness \(NAMI\) HelpLine](#) volunteers are working to answer questions, offer support and provide practical next steps...We are a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance... Let’s stay connected, text, chat, call or [email](#) the NAMI HelpLine today.**The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., ET.** Call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), text "HelpLine" to [62640](tel:62640) or email us at [helpline@nami.org](mailto:helpline@nami.org).” Available in English and Spanish.
- ♦ [Substance Abuse and Mental Health Services \(SAMHSA\) National Helpline](#) “The [National Helpline](#) provides 24-hour free and confidential referrals and information about mental and substance use disorders, prevention, treatment, and recovery in English and Spanish. SAMHSA's National Helpline: 1 (800) 662-HELP (4357). TTY: 1 (800) 487-4889”. There is also a [Disaster Distress Helpline](#), contact by phone or text at 1 (800) 985-5990 to connect with a trained crisis counselor. It is “for anyone experiencing emotional distress related to disasters” such as the coronavirus pandemic,

weather emergencies (e.g., tornadoes, severe storms, floods, drought, wildfires, earthquakes, incidents of mass violence or community unrest, and other traumatic events).

❖ LGBTQ+

- ♦ [LGBT National Help Center](#). “Our highly trained & dedicated LGBTQIA+ volunteers are here to provide free & confidential services. Everyone who offers support at the LGBT National Help Center identifies as part of the LGBTQIA+ community.” The Help Center has three components:
  - [LGBT National Hotline](#), “providing confidential peer support, info, and resources for callers of all ages.” They may be reached at **888-843-4564**. Their hours are as follows: Monday thru Friday from 1pm to 9pm, Pacific time (Monday thru Friday from 4pm to midnight, Eastern time); Saturday from 9am to 2pm, Pacific time (Saturday from noon to 5pm, Eastern time).
  - [LGBT National Youth Talkline](#), “providing confidential peer support, info, and resources for callers 25 and younger... Trained peers or volunteers...will collaborate with you to find solutions while giving you an empathetic and compassionate ear.” They may be reached at **800-246-7743**. Their hours are as follows: Monday thru Friday from 1pm to 9pm, Pacific time (Monday thru Friday from 4pm to midnight, Eastern time); Saturday from 9am to 2pm, Pacific time (Saturday from noon to 5pm, Eastern time).
  - [LGBT National Senior Hotline](#), “providing confidential peer support, information, and resources for those 50 and above.” They may be reached at **888-234-7243**. Their hours are as follows: Monday thru Friday from 1pm to 9pm, Pacific time (Monday thru Friday from 4pm to midnight, Eastern time); Saturday from 9am to 2pm, Pacific time (Saturday from noon to 5pm, Eastern time).
- ♦ [SAGE National LGBTQ+ Elder Hotline](#). “We connect LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline, toll-free, at **877-360-LGBT (5428)**. Hotline responders: Are certified in crisis response, Offer support without judgment...Provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs. The SAGE LGBTQ+

Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.”

- ♦ [The Trevor Project](#) is “the world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.” [Crisis support](#) is available 24/7 by contacting the Trevor Lifeline at **1 (866)- 488-7386**, [chatting](#) or texting START to **678-678**.
  - ♦ [Trans Lifeline](#), a hotline that “provides trans peer support for our community that’s been divested from police since day one. We’re run by and for trans people.” They may be reached by phone in the U.S. at **1 (877) 565-8860** and in Canada at **1 (877) 330-6366**. “The Hotline is operating 24/7. When call volumes are high it may take a little longer to get connected—please try calling again.”
  - ♦ [BlackLine](#) “is a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systemic oppression with an LGBTQ+ Black Femme Lens...BlackLine is a unique combination of professional staff, trained volunteers and collaborative partnerships to create innovative responses to pressing social needs and issues. They may be reached by phone at **1 (800) 604-5841**.
  - ♦ [DeQH](#), a hotline with “support for South Asian lesbian, gay, bi, queer, trans, non-binary, questioning individuals in the U.S.” They offer “free, confidential, culturally sensitive peer support, information and resources for LGBTQ+ South Asian individuals, families and friends around the globe.” Trained volunteers may be reached by phone at **1 (908) 367-3374** on Thursdays, 8-10 PM Eastern (5-7 PM Pacific) and Sundays, 8-10 PM Eastern (5-7 PM Pacific) or via their online contact form.
- ❖ Teens/Young Adults
- ♦ [The Trevor Project](#) is “the world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.” [Crisis support](#) is available 24/7 by contacting the Trevor Lifeline at **1 (866)- 488-7386**, [chatting](#) or texting START to **678-678**.
  - ♦ [YouthLine](#) is “a free teen-to-teen crisis support and help line...We listen, We support. We keep it to ourselves...Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!).” They may be reached by phone at **877-968-8491**; text teen2teen to **839863**, chat, or email



[Teen2Teen@LinesforLife.org](mailto:Teen2Teen@LinesforLife.org).

- ♦ [Teen Line](#) “provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that de-stigmatize and normalize mental health.” They may be reached by phone at [800-852-8336](tel:800-852-8336) Nationwide (6 PM - 10 PM PST) | Text TEEN to **839863** (6 PM - 9 PM PST) | [EMAIL US](#).
- ♦ [TXT 4 HELP](#) is “a nationwide, 24-hour text-for-support service for teens in crisis...TXT 4 HELP can be used for the same reason a young person may go to a Safe Place site - abuse, bullying, family problems, depression, suicidal thoughts, and others. TXT 4 HELP counselors can provide support via text and can offer additional suggestions for immediate help regardless of where you are. Here’s how it works:
  - Text the word “safe” and your current location (address, city, state) to **4HELP (44357)**.
  - Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
  - For immediate help, reply with “2chat” to text interactively with a trained counselor.”
- ♦ [Amala Muslim Youth Helpline](#). “Amala ("Hope" in Arabic) is a hotline that creates an accessible form of culturally competent counseling and resource referral for the Muslim youth.” They can be reached at [855-95-AMALA](tel:855-95-AMALA). “Our toll-free line is available to you M, W, F, S, Sun 6 pm – 10 pm. You can Now Text-in our line Wednesdays and Sundays 6 pm-10 pm and get the same support.”
- ❖ Veterans
  - ♦ [Veterans Crisis Line](#) “has 24/7, confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect....[Dial 988 then Press 1, chat live, or text 838255](#)...Veterans may still reach the Veterans Crisis Line with the previous phone number—[1-800-273-8255](tel:1-800-273-8255) and [Press 1](#)—by text (**838255**), and through chat ([VeteransCrisisLine.net/Chat](http://VeteransCrisisLine.net/Chat)).”
- ❖ Deaf/Hard of Hearing
  - ♦ [DeafLEAD](#), “a non-profit agency (under the leadership of deaf individuals) that provides free 24-hour crisis intervention, advocacy, case management, interpreting and mental health

services to Deaf, hard of hearing, Deaf Blind, and late-deafened individuals who are victims of crime and their families, as well as support to individuals, agencies, and organizations providing victim services to individuals with a hearing loss.” They may be reached by phone at **1 (573) 303-5598**.

❖ Alzheimer’s

- ◆ The Alzheimer’s Association “24/7 Helpline (**800.272.3900**) is available around the clock, 365 days a year. Through this free service, specialists and master’s-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public...Three ways you can connect with our Helpline:

1. **Call us.** We are available around the clock, 365 days a year at **800.272.3900**. Dial 711 to connect with a TRS operator.
2. **Chat with us.** Click the “Live Chat” green button on this page to connect with a member of our Helpline staff. Live chat is typically available from 7 a.m. to 7 p.m. CT, Monday through Friday.
3. **Online.** [Use this form](#) to let us know how we can help you. We will respond to you within 24 hours.”  
Available in English and Spanish

❖ Essential Services

- ◆ [Dial 2-1-1](#) “We are the boots on the ground, the local experts who make finding help easier. There are more than **200 211 agencies across the United States**, each with a team of compassionate, highly trained community specialists who are available to help you access the best local resources and services to address any need.” Call **211** to speak to someone who can help. Available in English and Spanish.

## Featured Topics

- Holidays and Other Significant Dates (e.g., Mother’s Day/Father’s Day, Christmas, Birthdays, Anniversary of the Death, etc.)
- ❖ Resources:
  - ◆ [“Dealing with Emotional Triggers After Loss: Weddings, Birthdays, and Other Events”](#) (from **AfterTalk**)

- ◆ A blog post entitled “[How to Celebrate a First Father's Day Without Dad: 9 Ideas](#)” (from **Cake**)
- ◆ A blog post entitled “[12 New Holiday Traditions to Start After a Death](#)” (from **Cake**)
- ◆ “[Helping Yourself Heal During the Holiday Season](#)” (from **Center for Loss & Life Transition**)
- ◆ “[Coping with Special Occasions](#) (from **The Compassionate Friends**)
- ◆ “[Handling New Year’s When You’re Grieving](#)” (from **Empathy**)
- ◆ “[Honoring a Departed Loved One in Joyful Times](#)” (from **Empathy**)
- ◆ “[Dealing with Grief on Important Dates](#)” (from **Empathy**)
- ◆ “[Facing the First Holiday Season Without Your Loved One](#)” (from **Empathy**)
- ◆ “[17 Creative Death Anniversary Ideas](#)” (from **Farewelling**)
- ◆ [Handouts](#) for parents to help children become more resilient on holidays, including support for [Mother’s and Father’s Day](#), and [planning for](#) and [navigating the holidays](#) (from **Good Grief**)
- ◆ A blog post entitled “[Dreading the Anniversary Date of a Loved One’s Death](#)” (from **Grief Healing**)
- ◆ “[Grief Is a Change Agent](#),” an article on channeling your grief into a catalyst for positive change on Thanksgiving (from **Modern Loss**)
- ◆ “[How to Support Bereaved Children Over the Holidays: A tipsheet for Parents and Caregivers](#)” (from **The New York Life Foundation**)
- ◆ “[You Don’t Have to Fake it Through Thanksgiving](#)” (must have a subscription) (from **The New York Times**)
- ◆ “[Planning a Wedding While Navigating Grief](#)” (must have a subscription) (from **The New York Times**)
- ◆ “[Coping with Holidays after the Death of a Loved One](#)” (from **Open to Hope**)
- ◆ “[How to Spend Father’s Day on Your Own Terms](#)” (from **Option B**)
- ◆ “[How to Spend Mother’s Day on Your Own Terms](#)” (from **Option B**)
- ◆ “[Grief and the Black Mother](#),” an article that explains why Mother’s Day feels different for Black mothers. In most cases, they are mourning the loss of a child by violence. (from **Psych Central**)
- ◆ “[6 Ways to Survive the Holidays without Your Child](#)” (from **Still Standing Magazine**)
- ◆ “[10 Commandments for Surviving Mother’s Day](#)” (from **Still Standing Magazine**)

- ◆ [“9 Tips for Handling Grief with Kids During the Holiday Season”](#) (from **Washington Post**)
- ◆ [“Preparing for Grief During the Holidays in Advance Can Make It Easier to Deal with During”](#) (from **Well+Good**)
- ◆ [“Coping with a Loved One’s Death Anniversary: 30 Ideas”](#) (from **What’s Your Grief?**)
- ◆ [“And Many More: Celebrating a Deceased Loved One’s Birthday”](#) (from **What’s Your Grief?**)
- ◆ [“After a Death, the Holidays are a Secondary Loss”](#) (from **What’s Your Grief?**)
- ◆ [“A Wedding Guide for Grievers: Tips for Remembering and Coping”](#) (from **What’s Your Grief?**)
- ◆ [“Surviving Weddings and Special Events”](#) (from **Widowed and Young**)
- ◆ [“Holiday Grief Support Guide”](#) (from **Willow House**)
- ◆ [“To the Widow Facing Her First Valentine’s Day Alone”](#) (from **Young, Widowed & Dating**)

❖ **Stories:**

- ◆ Personal stories of managing grief during special occasions such as [Mother’s Day](#) and [Father’s Day](#) (from **The Dinner Party**)
- ◆ [“Tips for Getting Through the Holidays When You’re Totally Sad.”](#) A woman who lost her mother describes how she copes with the holiday season. (from **Modern Loss**)
- ◆ [“A Day for Lovers, Without Mine.”](#) A man describes his struggle to get through Valentine’s Day after the death of his wife. (from **Modern Loss**)
- ◆ [“5 Ideas for Facing Deathiversaries.”](#) A woman shares her insights regarding five ways to get through the anniversary of a loved one’s death. (from **Modern Loss**)
- ◆ [“We Continued to Thrive to the Extent Possible Because an Army of Loved Ones Held Us Fast Through the Tortured Holiday Season.”](#) A man shares his story about his wife’s struggle with cancer during the holiday season. (from **Option B**)
- ◆ [“Helping Other Families Gives Us a Focus Beyond Our Own Pain.”](#) A couple shares their story about how they have reached out to other families following the loss of their daughter to brain cancer. (from **Option B**)
- ◆ [“My Wish for Christmas after Child Loss.”](#) A woman proclaims her



profound love for her child who died, and her wish for other grieving families to know they are not alone. (from **Still Standing Magazine**)

- **Teens and Young Adults: Special Considerations**

- **❖ Resources:**

- [“Helping Teenagers Who Have Lost a Parent”](#) (from **Cancer Care**)
- A blog post entitled [“11 Ways to Help a Grieving Child or Teenager”](#) (from **Cake**)
- A blog post entitled [“10 Signs Your Teen May Be Ready for Grief Counseling”](#) (from **Cake**)
- A blog post entitled [“Losing a Parent as a Teenager: What to Expect”](#) (from **Cake**)
- Grief-informed resources for parents to help support children and teens, specifically for [After a Suicide Death](#) (from **Dougy Center**)
- [“Supporting Children and Teens After a Suicide Death”](#) (from **The Dougy Center**)
- [“Children, Teens and Grief,”](#) which features blog posts such as [“Teen Grief Following a Fatal Accident,”](#) [“Teen Grief: Grandparent’s Death Triggers Unresolved Grief,”](#) [“Helping Children Cope with a Parent’s Serious Illness,”](#) [“Teen Grief: Mourning the Death of a Parent,”](#) and [“Teen Grief: ‘People Criticize The Way I Grieve’”](#) (from **Grief Healing**)
- [“Supporting Children and Teens After a Homicide or Murder”](#) (from **Grief Speaks**)
- [“10 Things Parents Can Do to Help Prevent Suicide”](#) (from **Healthychildren.org**)
- [“6 Ways to Support a Grieving Teen”](#) (from **Modern Loss**)
- Mental health resources for [kids, teens, and young adults](#) (from **National Alliance on Mental Illness**)
- Articles that remind teenagers that [“Strong Does Not Mean Alone,”](#) and [“You Don’t Need to be Okay Right Now”](#) (from **Teenage Grief Sucks**)
- Articles and personal stories about a variety of topics including [“Tips for Sharing Your Grief,”](#) [“Calling Out Insensitive Grief Comments,”](#) and [“48 Ways to Cope with Teenage Grief”](#) (from

### **Teenage Grief Sucks)**

- ◆ Articles for teenagers on how to support others who are mourning including [“11 Ways to Support a Grieving Friend”](#) and [“How to Cope with a Parent’s Grief”](#) (from **Teenage Grief Sucks**)
- ◆ Resources that promote teen mental health, such as [GLAAD](#) (which promotes LGBTQ+ acceptance); and [The JED Foundation](#) (which focuses on emotional health and suicide prevention among teens and young adults) (from **Teenage Grief Sucks**)
- ◆ [“Experiencing Grief as a Teenager”](#) (from **VITAS Healthcare**)

### ❖ **Stories:**

- ◆ [Hope Again](#) is "the youth website of Cruse Bereavement Support" and features the [personal stories](#) of bereaved youth. (from **Cruse Bereavement Support**)
- ◆ A blog post entitled [“A Teen Mourns the Death of Her Best Friend.”](#) A 12-year-old girl describes the impact of losing her best friend who died a year earlier. (from **Grief Healing**)
- ◆ A blog post entitled [“Teen Struggles with Reaction to Dad's Death.”](#) A teenager shares her experience about the difficulties she encountered in dealing with her father’s sudden death in a drowning accident. (from **Grief Healing**)
- ◆ [Personal stories](#) of bereaved youth (from **Hope Again**)
- ◆ [Notes of Hope](#) with encouragement from one teen to others (from **Teenage Grief Sucks**)
- ◆ [“It Gets Better: Life, Grief, & Everything Else.”](#) A young woman describes why she had a hard time believing that things would get better after her dad died; until they did.

### ❖ **Websites:**

- ◆ [Brooke’s Place](#)
  - “Brooke’s Place works to create a community where every young person living with grief feels safe, supported and understood during their personal grief journey.”
- ◆ [HealGrief: Actively Moving Forward](#)
  - “Actively Moving Forward (AMF), a HealGrief program, is a national network created in response to the needs of grieving young adults. For over a decade, we have connected, supported, and empowered grieving young adults to ‘actively move forward’ in memory of their person.”

- ♦ [Teenage Grief Sucks](#)
    - “Teenage Grief Sucks (TGS) is a teen-run website that's mission is to help start conversations about teenage grief. Run by Natalie Adams, who lost her father when she started high school, TGS shares weekly stories about grief from the perspective of teens.”
- Bereavement Overload: Coping with the Deaths of More Than One Person
    - ❖ Resources:
      - ♦ A blog post entitled “[How to Handle or Grieve Multiple Losses: 10 Tips](#)” (from **Cake**)
      - ♦ A podcast entitled, “[‘I Can't Even Imagine’ - Grieving Both Parents](#)” (from **Dougy Center**)
      - ♦ “[Dealing with More Than One Loss](#)” (from **Empathy**)
      - ♦ “[Grieving Multiple Losses – How Do We Cope?](#)” (from **Grief and Sympathy**)
      - ♦ A forum entitled, “[Dealing with Multiple Losses](#)” (from **Grief in Common**)
      - ♦ “[She Lost Her Mom to COVID-19, Then Her Dad. Here’s How She’s Coping,](#)” an article that discusses the “toll of multiple losses” and offers suggestions for managing these feelings (from **Healthline**)
      - ♦ “[Cumulative Grief Causes, Symptoms and Coping Tips](#)” (From **LovetoKnow**)
      - ♦ “[You Are Not Suffering One Loss, You’re Suffering Many,](#)” which describes how survivors experience many additional losses such as the loss of feeling safe and secure (from **Vitas Healthcare**)
      - ♦ “[Cumulative Grief Aka Grief Overload aka ‘Holy Crap I Can’t Handle All This Loss!!!’](#)” (from **What’s Your Grief?**)
    - ❖ Stories:
      - ♦ “[What Losing My Two Children Taught Me About Grief.](#)” A man and his wife write about being in a car crash and losing their two teenage children and the difficult process of finding words to convey grief and loss. (from **The Atlantic**)
      - ♦ “[Loss of Mom Followed by Multiple Losses.](#)” A woman shares her story about her mother’s death, which was followed by the loss of several additional family members, and the impact it had on her

life. (from **Forced Joy Project**)

- ◆ [“Loss of Mom and Dad within a Year of Each Other.”](#) A woman describes how she lost her mother to cancer and her father to suicide shortly thereafter, and how she has coped in the aftermath of two such unimaginable losses. (from **Forced Joy Project**)
- ◆ [“Four Losses in Two Years.”](#) A woman writes about her experience with four losses over the course of just two years; how difficult it was to compartmentalize her grief and how she was able to get through it. (from **Grief Narratives**)
- ◆ [“Alex’s Journey Through Loss.”](#) A woman shares all of her experiences with loss over the course of her life and her struggle to compartmentalize, mourn and find healthy ways to grieve. (from **Grief Narratives**)
- ◆ [“The Longest Goodbye.”](#) A woman describes all of the losses (her mother and both grandparents) she experienced in her life and how she came to view grief in a much more healing and instrumental way. (from **Grief Narratives**)
- ◆ [“My Friends’ Love and Support Got Me Through It.”](#) A man explains how the love and support from friends helped him get through his mother’s death from Multiple Sclerosis (MS). (from **Option B**)
- ◆ [“I Picture Grief as a Vat Full of Tears Hidden Behind an Opaque Wall.”](#) A woman finds help in a grief counseling group after her father’s death from cancer and her brother’s tragic unexpected death. (from **Option B**)
- ◆ [“Trouble Was Created by an Innocent Child Who Had Experienced Profound Loss.”](#) A woman writes about her niece who experienced multiple losses by the age of 12, and how her niece was able to open up and talk about her feelings. (from **Option B**)
- ◆ [“No One Else Felt The Weight of Carrying on Family History.”](#) A woman describes how she has carried on after the death of her parents and sister. (from **Option B**)
- ◆ [“I Stay Motivated for My Kids Because Now I Need to Be Their Mother and Their Father.”](#) A woman shares her story of suffering multiple losses during the Syrian civil war. (from **Option B**)
- ◆ [“As I Got Better, I Started to Feel That It Was Time to Give Back.”](#) A woman describes how she was affected by the death of her fiancé in a plane crash and her mom to cancer. (from **Option B**)
- ◆ [“What You’re Seeing Is a Woman Who Has Accepted All of Herself: Wounds, Scars, the Failures, the Triumphs, All of It.”](#) A woman



describes her journey of acceptance and healing after the deaths of her child and husband. (from **Option B**)

- **Psychic Mediums and Continuing Bonds**

- ❖ **Resources:**

- ◆ A blog post entitled "[What is Continuing Bonds Theory in Bereavement?](#)" (from **Cake**)
- ◆ "[Talking to a Loved One Who Has Died](#)," which describes how common it is for people to talk with their deceased loved one, and discusses why such conversations may be beneficial (from **Empathy**)
- ◆ "[Can Working with a Medium Help You Connect with a Lost Loved One?](#)" (from **Evermore**)
- ◆ "[5 Things to Do Before Visiting a Psychic Medium](#)" (from **Modern Loss**)
- ◆ "[Dr. Bob Baugher: Psychics – Do They Help or Hinder Bereaved People?](#)" In this video, Dr. Bob Baugher, Dr. Heidi and Gloria Horsley discuss the positive and negative outcomes of going to a psychic. (from **Open to Hope**)
- ◆ "[Maintaining Contact with the Dead Heals Some Grievors](#)" (from **Open to Hope**)
- ◆ "[Your Deceased Loved Ones Are Okay and Want You to Know That.](#)" A psychic medium describes the signs that the deceased send to loved ones to let them know they are OK. (from **Open to Hope**)
- ◆ "[Exploring Contact Through a Medium](#)," an article that focuses on where to find a medium and discerning legitimate mediums from charlatans. (from **Open to Hope**)
- ◆ "[16 Tips for Continuing Bonds with People We've Lost](#)" (from **What's Your Grief?**)
- ◆ "[Signs from Your Deceased Spouse Are Closer Than You Think](#)" (from **Modern Widows Club**)

- ❖ **Stories:**

- ◆ "[The Possibility of Life After Death](#)" (from **Alliance of Hope**)
- ◆ "[How a Psychic Medium Broke Through My June Gloom.](#)" A woman describes how comforted she was by talking to a medium about her deceased friend. (from **Modern Loss**)
- ◆ "[Extraordinary Experiences: Signs from Beyond.](#)" A father describes the unique way his deceased son communicated with him and explains how comforting this was for him and his wife. (from **Open**)

to Hope)

- ♦ [“Signs from the Afterlife?”](#) A woman describes the signs and visits she received from her deceased brother and mother. (from **Open to Hope**)
- ♦ [“Are Psychics and Mediums Real?”](#) A woman who lost her son recounts her positive experience with a medium. (from **Open to Hope**)
- ♦ [“Memoir of a Spirit.”](#) A mother describes the “visits” her son made to her and the pranks he played on her following his death by suicide. (from **Open to Hope**)
- ♦ [“After Death Contact Keeps Wife Connected to Soul Mate.”](#) A woman describes the many ways that her deceased husband communicates with her.
- ♦ [“If She’ll Always Be With Me, Why Don’t I Feel Her?”](#) When her mother died, a young woman’s friend told her, “She will always be with you,” she never felt her mom’s presence, and wondered what was wrong with her. (from **What’s Your Grief?**)

- Grief in the Workplace

- ❖ Resources:

- ♦ [“Working While Mourning: How to Grieve When You’re on the Job”](#) (from **AfterTalk**)
- ♦ A blog post entitled [“Nervous About Returning to Work While Grieving? 11 Tips”](#) (from **Cake**)
- ♦ A blog post entitled [“How to Deal with Grief in the Workplace: 13 Tips”](#) (from **Cake**)
- ♦ A blog post entitled [“What to Do When an Employee Dies: 11 Items”](#) (from **Cake**)
- ♦ [“Back to Work, with Grief in Tow”](#) (from **Empathy**)
- ♦ [“Grief at Work: Navigating the Office After a Loss”](#) (from **Farewelling**)
- ♦ A blog post entitled [“When Grief Affects Performance at Work”](#) (from **Grief Healing**)
- ♦ [“Grief at Work: A Guide for Employees and Managers”](#) (from **Hospice Foundation of America**)
- ♦ [“Game-Planning Your Grief: 5 Tips for Returning to Work”](#) (from **Modern Loss**)
- ♦ [“How to Handle and Help with Workplace Grief,”](#) a

- guide for managers and coworkers (from **Modern Loss**)
  - ♦ [“Balancing Work, Grief, and Self-Care”](#) (from **Still Standing Magazine**)
  - ♦ [“How to Cope at Work When You’re Grieving a Loved One’s Death”](#) (from **VeryWell Mind**)
  
- Grief, Technology and Social Media
  - ❖ **Resources:**
    - ♦ A blog post entitled [“11 Popular Death and Funeral Memes Explained”](#) (from **Cake**)
    - ♦ A blog post entitled [“18 Comforting Messages to Share on Facebook After a Death,”](#) which suggests ways to announce a death and how to comment on a post (from **Cake**)
    - ♦ A blog post entitled [“7 Steps to Protect Your Digital Assets After Death”](#) (from **Cake**)
    - ♦ A blog post entitled [“How to Get Access to a Deceased Loved One’s Facebook”](#) (from **Cake**)
    - ♦ A blog post entitled [“How to Write \(or Post\) an Obituary on Facebook: Step-by-Step”](#) (from **Cake**)
    - ♦ A blog post entitled [“What Happens to Your Social Media When You Die?”](#) (from **Cake**)
    - ♦ [“Our Child, Social Media, and Their Digital Legacy,”](#) which offers “basic information, advice and suggestions” on handling your child’s digital legacy (from **The Compassionate Friends**)
    - ♦ [“Your Child’s Digital Legacy”](#) (from **The Compassionate Friends**)
    - ♦ [“Five Guidelines for Using Text, Instant Message and Email to Express Sympathy”](#) (from **eCondolence**)
    - ♦ [“Dealing with a Loved One’s Social Media Accounts”](#) (from **Empathy**)
    - ♦ After a loved one has died, [Facebook can memorialize their account](#). It remains online as “a place for friends and family to gather and share memories after a person has passed away.” (In addition, the Facebook user may choose to designate a [legacy contact](#), a person to “look after your account if it's memorialized.”) (from **Facebook**)
    - ♦ [“Is Mourning Online Harmful?!”](#), an article that includes interviews with three top social media experts, who describe how

social media is used by the bereaved, and problems and conflicts that can arise (from **Love Lives On**)

- ◆ [“Facebook Wall as Condolence Note?”](#) which describes how to respond to posts about a deceased family member or friend (from **Modern Loss**)
- ◆ [“Getting Dead Loved One’s #Offline,”](#) an article that provides verbatim instructions on how to get your deceased loved one off of social media platforms including Facebook, Twitter, Instagram, Tumblr, Snapchat, and more (from **Modern Loss**)
- ◆ [“Netiquette Regarding Digital Legacies and Dealing with Death, Tragedy, and Grief,”](#) an article that describes “grieving, memorializing, and providing support online, as well as best practices for sharing ‘bad news’ or death notifications digitally” (from **The Order of the Good Death**)
- ◆ [“5 Tips for Using Social Media When You’re Grieving”](#) (from **Still Standing Magazine**)
- ◆ [“Grieving on Social Media: Coping with Common Frustrations,”](#) which discusses 5 of the most common frustrations associated with grieving on social media and provides suggestions on how to deal with those frustrations (from **What’s Your Grief?**)

❖ **Stories:**

- ◆ [“When My Husband Died, Facebook Became My Boyfriend.”](#) A woman describes how Facebook was there for her and made her “feel connected.” (from **Modern Loss**)
- ◆ [“Why I Didn’t Post About Grandma’s Death on Facebook.”](#) A woman describes the disadvantages of posting information on Facebook about a loved one’s death. (from **Modern Loss**)
- ◆ [“The Stillbirth Status Updates I Really Wanted to Write.”](#) A woman describes her difficulty composing a status update for Facebook letting everyone know that she had experienced a stillbirth. (from **Modern Loss**)

• **Helping Children Cope with Loss**

❖ **Resources:**

- ◆ [“Grief Interventions for Children with ADHD”](#) (from **Baylor University**)
- ◆ [“Helping Children Prepare for the Loss of a Loved One”](#) (from **Cancer Care**)

- ◆ A blog post entitled “[11 Ways to Help a Grieving Child or Teenager](#)” with the loss of a loved one, parent or sibling (from **Cake**)
- ◆ A blog post entitled “[How to Explain the Death of a Pet to a Young Child](#)” (from **Cake**)
- ◆ A blog Post entitled “[How to Tell a Child About Putting a Pet Down: Step-By-Step](#)” (from **Cake**)
- ◆ A blog post entitled “[How to Tell a Child Their Sibling Died](#)” (from **Cake**)
- ◆ A blog post entitled “[16 Books for Toddlers About Death, Grief & Illness](#),” which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
- ◆ An extensive [list of grief resources](#) including tip sheets such as “[Tips for Supporting Children When Someone Dies](#),” “[Movement Activities for Grieving Children](#),” and “[Dismantling Three Grief Myths](#)” (from **Dougy Center**)
- ◆ Grief-informed resources for parents to help support children and teens, specifically for [After a Suicide Death](#) (from **Dougy Center**)
- ◆ “[Supporting Children and Teens After a Suicide Death](#)” (from **The Dougy Center**)
- ◆ “[10 Things Grieving Children Want You to Know](#)” (from **Eluna**)
- ◆ “[Seven Suggestions for Explaining Death to Children](#)” (from **Eluna**)
- ◆ “[Sibling Grief: Supporting Your Child After a Sibling Dies](#).” A woman who lost her sister to cancer reaches out to families who lost their children and gets advice from grief professionals in the Camp Erin network. (from **Eluna**)
- ◆ “[Helping Children Through Grief](#),” which includes suggestions for talking to children about death and preparing them for the funeral (from **Empathy**)
- ◆ Suggestions for how to support bereaved [children](#) (from **Evermore**)
- ◆ “[Reading Room: 9 Children’s Books about Death and Grief](#)” (from **Farewelling**)
- ◆ “[10 Things to Help Children After a Tragedy](#)” such as a school shooting (from **Grief.com**)
- ◆ A blog post entitled “[Explaining Suicide to a Child](#)” (from **Grief Healing**)

- ◆ [“Helping Children Cope and Deal with Grief,”](#) which explains how to help a child understand death and how children typically react to the death of a loved one (from **HealGrief**)
- ◆ [“Everybody Gets Mad: Helping Your Child Cope with Conflict”](#) (from **Healthychildren.org**)
- ◆ [“Childhood Grief: When to Seek Additional Help”](#) (from **Healthychildren.org**)
- ◆ [“Childhood Trauma: 3 Ways to Help Kids Cope”](#) (from **Healthychildren.org**)
- ◆ [“How Children Understand Death & What You Should Say”](#) (from **Healthychildren.org**)
- ◆ Link to the National Center for School Crisis and Bereavement's Comprehensive Parent Booklet entitled [“After a Loved One Dies”](#) in [English](#), [Spanish](#) and [Japanese](#). Includes information about explaining death to children, helping children cope over time, and supporting families who are grieving (from **Healthychildren.org**)
- ◆ [“31 Thoughtful Children’s Books About Death and Dying”](#) (from **LovetoKnow**)
- ◆ [“Responses to Grief Across the Lifespan,”](#) which provides information about the grief experienced by infants and toddlers, preschoolers, adolescents, and adults (from **Mental Health Technology Transfer Center**)
- ◆ [“Six Reasons Why You Should Focus on a Grieving Child”](#) including “Children want to know the truth,” “Kids know more than you think,” and “Children need role models” (from **Modern Loss**)
- ◆ Toolkit entitled [“Responding to Change and Loss”](#) in [English](#) and [Spanish](#), which describes how to support children and teens through the grieving process, and includes information about how children and teens can identify their moods, and comfort themselves (from **National Alliance for Grieving Children**)
- ◆ [GriefTalk Resource Library](#), which includes booklets on [“10 Ways to Help a Child Who is Grieving”](#) and [“How Am I Feeling Today?”](#) (from **National Alliance for Grieving Children**)
- ◆ [“Childhood Traumatic Grief: Youth Information Sheet”](#) explains the differences between grief and traumatic grief (from **National Child Traumatic Stress Network**)
- ◆ [“Becoming a Widower with Young Children”](#) (from **National Widowers Organization**)
- ◆ [“Helping a Child Navigate Grief? Open a Picture Book”](#) (must have



- a subscription) (from **The New York Times**)
  - ◆ [Sibling Support Booklets](#) to help children understand the loss of a sibling (from **Sibling Support**)
  - ◆ [Questions and answers](#) about losing a sibling organized by age (under 7, 7-10 years old, 11-16 years old, and 16+) (from **Sibling Support**)
  - ◆ [“Help Children Deal with the Death of a Grandparent”](#) (from **Verywell Family**)
  - ◆ [“Guidelines for Helping Grieving Children”](#) (from **VITAS Healthcare**)
  - ◆ [“Helping Children Cope with Public Tragedies and Natural Disasters”](#) (from **VITAS Healthcare**)
  - ◆ [“What to Say When A Child Asks About Death”](#) (from **VITAS Healthcare**)
  - ◆ [“Grief and Bereavement for Children,”](#) which explains children's concepts of death at different developmental stages, and offers ways to support them (from **VITAS Healthcare**)
  - ◆ [“64 Children’s Books About Death and Grief”](#) (from **What’s Your Grief?**)
  - ◆ [“Widowed Dads: A Resource Round-up”](#) (from **What’s Your Grief?**)
  - ◆ Your Child’s Grief: [“Parenting a Grieving Child,”](#) [“Understanding Your Child’s Grief,”](#) and [“How to Help Your Child”](#) (from **Widowed Parent**)
  - ◆ [“How to Tell a Child with Special Educational Needs and Disabilities that Someone Has Died”](#) (from **Winston’s Wish**)
  - ◆ Articles such as [“Should Children View the Body of Loved One?”](#) and [“Should Children Attend a Funeral?”](#) (from **Winston’s Wish**)
- ❖ **Stories:**
  - ◆ [Personal stories](#) with “honest accounts of grief from young people all over the world” (from **Hope Again**)
  - ◆ [“I Try to Use the Negative Emotions My Kids and I Feel as Motivation to Bring Back Something for My Community.”](#) A woman, whose husband was killed by the police, explains how she talks to high school students about how to behave when in the presence of a police officer. (from **Option B**)
  - ◆ [“Two Boys Who Have Crawled Out of Darkness with Grace and Dignity and Beauty.”](#) A mother reflects on how her sons are growing up without their father. (from **Option B**)

❖ **Websites:**

- ◆ [Barnardo's](#)
  - Barnardo's aims to "protect, support and nurture the UK's most vulnerable children."
- ◆ [Children's Bereavement Center](#)
  - "Children's Bereavement Center's mission is to empower children, young adults and their families to adjust to life after the loss of a loved one within a supportive community of their peers and to promote healthful grief, healing, and growth."
- ◆ [Dougy Center](#)
  - "The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief."
- ◆ [Good Grief](#)
  - "Good Grief provides direct support to grieving children and youth, educates communities, and advocates on behalf of the bereaved."
- ◆ [HealthyChildren.org](#)
  - HealthyChildren.org is "committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults." They are a companion website to the American Academy of Pediatrics.
- ◆ [National Alliance for Grieving Children \(NAGC\)](#)
  - "The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them."
- ◆ [National Child Traumatic Stress Network \(NCTSN\)](#)
  - The mission of the National Child Traumatic Stress Network "is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States."
- ◆ [Wendt Center for Loss and Healing](#)
  - "With nationally recognized expertise, the Wendt Center for Loss and Healing is a premier resource for restoring hope and healthy functioning to adults, teens, and children who are

coping with grief, loss, and trauma in the Greater Washington region.”

- ◆ [Widowed Parent](#)

- “The Widowed Parent project is committed to supporting widowed mothers and fathers with children in the home.”

- ◆ [Willow House](#)

- The Willow House's mission is "to support children, families, schools, and communities who are coping with grief and the death of a loved one."

- ◆ [Winston’s Wish](#)

- Winston’s Wish “provides emotional and practical bereavement support to children, young people, and those who care for them.”

- Alzheimer’s Disease and Dementia

- ❖ Resources:

- ◆ [“Grief and Loss as Alzheimer’s Progresses”](#) includes information on feelings of grief and ways to cope with these feelings (from **Alzheimer’s Association**)
- ◆ [“LGBTQ Community Resources for Dementia,”](#) provides resource guides for the LGBTQ+ community for dementia and Alzheimer’s disease, as well as resources for caregivers (from **Alzheimer’s Association**)
- ◆ [“Managing Ambiguous Loss and Grief,”](#) which describes the many losses that can occur in the dementia caregiving journey (from **Alzheimer Society of Canada**)
- ◆ [“Ambiguous Loss and Grief in Dementia: A Resource for Individuals and Families”](#) (from **Alzheimer Society of Canada**)
- ◆ [“Dementia Grief – Part 1: The Unique Characteristics”](#) (from **Dementia.org**)
- ◆ [“Dementia Grief – Part 2: The Three States.”](#) The three states are separation, transition, and re-emergence. (from **Dementia.org**)
- ◆ [“Dementia Grief – Part 3: The Three Stages”](#) (from **Dementia.org**)
- ◆ A blog post entitled [“Caregiving and Grief in Alzheimer’s and Dementia: Suggested Resources”](#) (from **Grief Healing**)
- ◆ [“Grief and Loss with Alzheimer’s Disease and Dementia”](#) (from **Hospice Foundation of America**)
- ◆ [“When Grief Feels Like Relief”](#) (from **Hospice Foundation of**

## America)

### ❖ Stories:

- ◆ [“Grieving the Loss of a Mother to Alzheimer’s.”](#) A woman describes the dramatic changes that took place in her mother following a diagnosis of Alzheimer's disease, and recounts the heart-wrenching task of losing her mother "piece by piece." (from **AfterTalk**)
- ◆ [“My Birthday, Alzheimer’s, Covid, Grief, Loud Music, and a Reality Check.”](#) The author writes about the flooding feelings of grief she experienced on her birthday for the mother who no longer existed due to severe cognitive decline from Alzheimer’s. (from **Grief Narratives**)
- ◆ [“The Terrible Nature of Alzheimer’s: Grieving for Someone Who’s Still Alive.”](#) A woman describes how she is grieving the loss of her relationship to her mom, who has Alzheimer’s disease. (from **Healthline**)
- ◆ [“What It's Like to Lose a Mother: My Experience.”](#) A daughter shares experiences dealing with losing her mother from Alzheimer’s. (from **Cake**)
- ◆ [“Losing Grandma Twice.”](#) A woman shares her story about how she lost her grandma to dementia a decade before she died from pneumonia. (from **Modern Loss**)
- ◆ [“Losing My Mom to Alzheimer’s, Then Finding Her Again.”](#) A woman reflects on losing her mom to Alzheimer’s, and how she is able to remember her the way she was. (must have a subscription) (from **The New York Times**)

### ❖ Support:

- ◆ Article
  - [9 Caregiver Support Groups that Help Caregivers in Need](#)” (from **CaringBridge**)

### ❖ Websites:

- ◆ [Alzheimer’s Association](#)
  - “The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.”
- ◆ [Alzheimer Society of Canada](#)
  - The Alzheimer Society of Canada’s mission is “to alleviate the

personal and social consequences of Alzheimer's and related diseases and to promote the search for causes, treatments and a cure."

- ♦ [Dementia.org](http://Dementia.org)
  - Their mission is "helping to improve everyone's physical and mental well-being."

## ● Feeling Abandoned by God

### ❖ Resources:

- ♦ "[What Can You Do If You Lose Faith After a Loved One Dies?](#)," which offers strategies to work through a loss of faith during grief (from **Cake**)
- ♦ "[Grief and Faith: The Relationship Between Grief and Belief](#)," which explores the relationship between grief and religion and how it can feel complicated sometimes (from **What's Your Grief**)

### ❖ Stories:

- ♦ "[The Mystery of God.](#)" A minister describes how he consoles suicide survivors who question why God did not protect their loved one. (from **Alliance of Hope**)
- ♦ "[What is Your Faith Response to the Loss of a Loved One?](#)," which includes a story of a man who lost his wife and experienced a crisis of faith (from **Balanced Wheel**)

## ● Do Men Grieve Differently?

### ❖ Resources:

- ♦ "[Spouses Grieving Loss of a Daughter Differently](#)" (from **AfterTalk**)
- ♦ "[Grief Reactions in Men](#)," which describes why men grieve differently than women, how grieving men can help themselves, and how we can support grieving men (from **GriefLink**)
- ♦ "[How Men Grieve](#)" (from **Next Avenue**)
- ♦ "[The Problem of Male Grief](#)," which describes how and why men are discouraged from grieving (from **Psychology Today**)
- ♦ "[Men and Grief](#)," which describes the male grieving process and provides insight about how to support a man who is grieving (from **Sue Ryder**)

### ❖ Stories:

- ♦ [“Men’s Grief – Big Boys Do Cry.”](#) A man whose daughter died by suicide describes how men are expected to hide their emotions, which often come out in unhealthy ways. (from **Alliance of Hope**)
- ♦ [“How Men Grieve.”](#) A man who experienced the sudden, traumatic death of his daughter explains how his grief was shaped by social and cultural influences regarding how men should grieve. (from **Alliance of Hope**)
- ❖ **Website:**
  - ♦ [Men’s Grief Network](#)
    - “The Men’s Grief Network® educates the public about the special needs of men who have lost their spouse or life partner, child, parent or sibling. We do this by promoting the development of support groups for men to manage their grief and adjust to a new life and by advocating for research into men’s unique needs to deal with grief.”

## Types of Loss

- Loss of a Parent (Mother, Father)
  - ❖ **Resources:**
    - ♦ A blog post entitled [“How to Cope with a Parent’s Suicide: 12 Tips”](#) (from **Cake**)
    - ♦ A blog post entitled [“Losing a Parent as a Teenager: What to Expect”](#) (from **Cake**)
    - ♦ A blog post entitled [“What to Expect When You Lose a Parent in Your 20s”](#) (from **Cake**)
    - ♦ A blog post entitled [“Losing a Parent in Your 30s: What to Expect”](#) (from **Cake**)
    - ♦ A blog post entitled [“Death of a Parent During Adulthood: What to Expect”](#) (from **Cake**)
    - ♦ A blog post entitled [“7 Tips for Dealing with an Estranged Parent’s Death”](#) (from **Cake**)
    - ♦ A blog post entitled [“How to Celebrate a First Father’s Day Without Dad: 9 Ideas”](#) (from **Cake**)
    - ♦ A blog post entitled [“How to Handle an Abusive or Toxic Parent’s Death”](#) (from **Cake**)
    - ♦ [“Coping With the Loss of a Parent with Cancer as a Young Adult”](#) (from **Cancer Care**)



- ◆ A blog post entitled “[16 Books for Toddlers About Death, Grief & Illness](#),” which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
- ◆ “[Helping Yourself Heal When a Parent Dies](#)” (from **Center for Loss & Life Transition**)
- ◆ “[20 Best Books on Losing a Parent for 2022](#)” (from **Choosing Therapy**)
- ◆ “[Loss of an Estranged Parent](#)” (from **eCondolence**)
- ◆ “[What the Death of a Parent Can Teach Us, If We’re Willing to Learn](#)” (from **Grief.com**)
- ◆ A blog post entitled “[Is Dad Dating Too Soon After Mother’s Death?](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Mother Loss: A List of Suggested Resources](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Mother Loss and the Grief of Abandonment](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Mourning an Elderly Parent](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Parent Loss: Grieving an Elderly Mother](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Tips for When Your Widowed Parent Begins to Date](#)” (from Huffpost via **Grief Healing**)
- ◆ A blog post entitled “[Surviving a Parent’s Death by Suicide](#)” (from **Grief Healing**)
- ◆ “[Grieving the Death of a Parent](#)” (from **Heal Grief**)
- ◆ “[The Grief of Losing a Parent Is Complex — Here’s How to Start Navigating It](#)” (from **Healthline**)
- ◆ “[How to Help Your Grieving Parent \(and Yourself\) After the Death of Your Mom or Dad](#)” (from **Legacy**)
- ◆ “[31 Thoughtful Children’s Books About Death and Dying](#)” (from **LovetoKnow**)
- ◆ “[Look Who Is Coming to Holiday Dinner! What to Do When a Parent Remarries](#)” (from **Open to Hope**)
- ◆ “[How to Spend Father’s Day on Your Own Terms](#)” (from **Option B**)
- ◆ “[How to Spend Mother’s Day on Your Own Terms](#)” (from **Option B**)
- ◆ “[Motherless Daughters: Coping with Your Loss](#)” (from **PsychCentral**)

❖ **Stories:**

◆ **Loss of a Mother**

- [“Grieving the Loss of a Mother to Alzheimer’s”](#) (from **AfterTalk**)
- [“Loss of Mom, Nancy, to Cancer.”](#) A man describes how he was impacted by the loss of his mother after her diagnosis of cancer. (from **Forced Joy Project**)
- [“Loss of Mom and Dad Within a Year of Each Other.”](#) A woman describes how she lost her mother to cancer and her father to suicide shortly thereafter, and how she has coped in the aftermath of two such unimaginable losses. (from **Forced Joy Project**)
- [“Three Days of Dying.”](#) A woman reflects on the tumultuous last three days of her mother’s life in a journal-type format and explains how she struggled to say goodbye. (from **Grief Narratives**)
- [“No one in the World Can Take The Place of Your Mother.”](#) A woman describes the profound impact her mother had on her life and how she struggled to cope in the aftermath of her loss. (from **Grief Narratives**)
- [“That Which Lasts.”](#) A woman writes about the loss of her mother and her ability to finally appreciate and find joy in the happiness her mother gave to her when she was alive. (from **Grief Narratives**)
- [“Grief is Love.”](#) A woman, who lost her mom to cancer, explains that in her opinion, grief is really just another form of love. (from **Grief Narratives**)
- [“What It's Like to Lose a Mother: My Experience.”](#) A daughter shares experiences dealing with losing her mother from her Alzheimer’s. (from **Cake**)
- [“What I Wish I Could Tell My Younger Grieving Self.”](#) A woman describes the impact of losing her mom when she was nine years old. (from **Modern Loss**)
- [“Meet My ‘Dead Mom Friends.’”](#) A woman describes how she found comfort by interacting with others who lost a mother. (from **Modern Loss**)
- [“The Upside of Anger.”](#) A woman explains how she used her “all-encompassing anger as a force for good” after her mother died from an illness. (from **Modern Loss**)
- [“Dude, Where’s My Grief?”](#) A man describes the impact of

losing his mother as a freshman in college and provides advice to other young men struggling with grief in a culture that inhibits them from expressing it. (from **Modern Loss**)

- [“My Relationship with My Dad Changed After My Mom Died.”](#) A woman describes how her mom’s death resulted in a closer relationship between her and her father. (from **Modern Loss**)
- [“Losing My Mom to Alzheimer’s, Then Finding Her Again.”](#) A woman shares her story about losing her mom to Alzheimer’s, and how she was able to remember her the way she was. (must have a subscription) (from **The New York Times**)
- [“As My Mother Lay Dying.”](#) A woman describes the final moments she spent with her mother just before she died in hospice care. (from **Open to Hope**)
- [“Grief Isn’t About ‘Closure.’ Nor Is It Something to Overcome or Get Past. It’s Something to Lean Into, to Embrace.”](#) A daughter explains what her mother’s death taught her about resilience and growth. (from **Option B**)
- [“To Me, My Mother Defines Resilience. She Had Such Strong Faith and Was a Very Giving and Positive Person.”](#) A daughter reflects on what her mom taught her growing up, and how this has helped her to move forward after her mother’s death. (from **Option B**)
- [“What I Do Know is That \[My Mother’s\] Death has Taught Me How I Want to Live—with Joy, Gratitude, Adventure, and Hope.”](#) A woman describes how she was able to move forward after the death of her mother. (from **Option B**)
- [“\[My Mother’s\] Always Going to Be in Our Memory. She’s Always Going to be in Our Hearts.”](#) A man shares his story about losing his mother at four years old and offers advice to children who have lost their mothers. (from **Option B**)
- [“The Worst Part is Not Mourning the Loss of What You Did Have, But Mourning the Loss of What You Were Supposed to Have.”](#) A woman describes her journey through grief following the death of her mother in a motor vehicle accident. (from **Option B**)
- [“The Gift of Information is the Greatest Gift You Can Give and Receive When It Matters Most.”](#) A woman who suddenly lost her mother describes how she struggled with the “endless trail of tasks and paperwork.” (from **Option B**)

◆ **Loss of a Father**

- [“Loss of Mom and Dad Within a Year of Each Other.”](#) A woman describes how she lost her mother to cancer and her father to suicide shortly thereafter, and how she has coped in the aftermath of two such unimaginable losses. (from **Forced Joy Project**)
- A blog post entitled [“Teen Struggles with Reaction to Dad’s Death.”](#) A teenager shares her experience about the difficulties she encountered in dealing with her father’s sudden death in a drowning accident. (from **Grief Healing**)
- [“My Father’s Painted Shoes.”](#) A woman describes the devastating loss of her father to suicide. (from **Grief Narratives**)
- [“Listening to Grief.”](#) A woman writes about her family’s resistance to her efforts to openly mourn the death of her father. (from **Grief Narratives**)
- [“Grief Around Racism and BLM.”](#) A woman writes about the loss of her father and how the death of George Floyd impacted her on a deep level but made her confront uncomfortable questions about racism and grief. (from **Grief Narratives**)
- [“Ever Get Lost in a Vivid Memory? I Do.”](#) A woman recounts how she would frequently get caught up in a memory of her late father. (from **Grief Narratives**)
- [“The Year of Nevers.”](#) A woman describes the many ways that her life has been diminished by her father’s death, and also the things that will be part of her life despite his death. (from **Grief Narratives**)
- [“What My Dad’s Suicide Taught Me About Resilience.”](#) A man shares his insights about grief that he learned from his own experience as a result of losing his father to suicide. (from **Modern Loss**)
- [“The Year After My Dad’s Death Was the Best of My Life.”](#) A daughter describes what her father’s death taught her about living. (from **Modern Loss**)
- [“Stay Classy.”](#) A woman asks for guidance on how to get through her dad’s memorial service when she has a terrible relationship with her sister. (from **Modern Loss**)
- [“25 Things I Learned from My Dad.”](#) A woman shares a list of 25 things her recently deceased father taught her, in order. (from

### Modern Loss)

- [“I Still Miss My Dad Every Day. But I Think He’d Be Proud of What I’ve Accomplished.”](#) A daughter shares her story about her father who drowned while trying to save two boys. (from **Option B**)
- [“We Grieve Because We Love. How Lucky We Are to Have Experienced That Love.”](#) A young woman describes the loving relationship she had with her father, and how this helped her to cope with his death. (from **Option B**)
- [“When You Go Through a Really Hard Time There Are Things That You Can Learn. And They Make You Stronger.”](#) A young woman describes the impact of losing her father at the age of five. (from **Option B**)
- [“The Attitude We Bring to the Table, Our Coping Ability, and Our Future, Is Completely Within Our Control.”](#) A woman describes how she is dealing with her grief through exercise and helping others. (from **Option B**)
- [“Having Survived a Tragedy, I Now Understand How to Support Others.”](#) A woman shares her story about learning to cope after her father’s death. (from **Option B**)
- [“There Will Never Be a Day, A Memory, or a Moment as Revered as Picking March Flowers in February with My Dad.”](#) A woman described her story about how she documented her father’s decline from ALS. (from **Option B**)
- [“As an Artist, I Looked for Creative Opportunities to Celebrate and Commune with His Memory Even More.”](#) A woman whose dad died suddenly honors him by painting. (from **Option B**)

### ❖ Support:

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)

- Forums with a Broad Focus
  - AARP's [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
  - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
  - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Loss of a Parent
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of a Parent or Grandparent](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grief in Common](#) has forums on many different types of loss, including [Loss of a Parent](#) and [Loss of Both Parents](#). Their Live Chat rooms require a monthly fee.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Loss of Parent \(Mother or Father\)](#) and [Grieving Teens](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - Suicide: Alliance of Hope’s [Community Forum](#) (Has a section [for children who lost a parent as a result of suicide](#)). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
- ◆ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups.](#)” (from **Cake**)



- [“How the Grief Experience Affects Us,”](#) which highlights the benefits of peer support (from **Good Grief**)
- A blog post entitled [“Finding Grief Support That is Right for You”](#) (from **Grief Healing**)
- A blog post entitled [“Support Groups vs. Individual Counseling”](#) (from **Grief Healing**)
- A blog post entitled [“Grief Support Groups: What Are the Benefits?”](#) (from **Grief Healing**)
- A blog post entitled [“Grief Support Groups: Should I Stay or Leave?”](#) (from **Grief Healing**)
- [“The 10 Best Online Grief Support Groups”](#) (from **Healthline**)
- [“Online Grief Support Groups to Heal Together”](#) (from **LoveToKnow**)
- [“Finding Support”](#) (from **Modern Loss**)
- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’.](#)” (from **Psych Central**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as [“Grief Speaks Out.”](#)
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled [“Grief: Releasing Pain, Remembering](#)

- [Love and Finding Meaning](#)” (from **Grief.com**)
- [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
- [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
- [Support Groups](#) and links to [local chapters](#). (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Parent
  - [Facebook](#) offers general grief support groups as well as groups specific to loss of a parent, e.g., “[Parent Loss Grief Support Group](#),” “[The Loss of Fathers and Father Figures – Grief Group](#),” or “[Mother Loss – Grieving Daughters](#)”
  - Legacy moderates many private [Facebook support groups](#) on loss, including the [Loss of a Parent](#)
  - [Free Peer-led Virtual Grief Support Groups](#), including the loss of a parent, guardian or grandparent in multiple languages (from **My Grief Angels**)

❖ **Websites:**

◆ [Eluna](#)

- “The mission of Eluna is to support children and families impacted by grief or addiction. Our innovative resources and programs address the critical needs of children experiencing powerful, overwhelming and often confusing emotions associated with the death of someone close to them or substance abuse in their family. No child should have to face these struggles alone, and our unique programs bring kids together to ease their pain and provide the tools to help

restore hope.”

- ◆ [A Little Hope](#)
  - The mission of Little Hope “is to help provide bereavement support services and grief counseling for children, teens and young adults who have experienced the loss of a parent, sibling, or a loved one, regardless of the circumstances of the death.”
- ◆ [Teenage Grief Sucks](#)
  - “Teenage Grief Sucks (TGS) is a teen-run website that's mission is to help start conversations about teenage grief. Run by Natalie Adams, who lost her father when she started high school, TGS shares weekly stories about grief from the perspective of teens.”

- Loss of a Spouse, Partner

- ◆ **Resources:**

- ◆ A blog post entitled “[11 Best Books on Grieving for Surviving Spouses](#)” (from **Cake**)
- ◆ A blog post entitled “[9 Things to Do with Your Wedding Ring After a Spouse's Death](#)” (from **Cake**)
- ◆ A blog post entitled “[11 Signs You’re Ready to Remarry After Your Spouse Dies](#)” (from **Cake**)
- ◆ A blog post entitled “[Feeling Second Best While Dating a Widow\(er\)?](#)” (from **Cake**)
- ◆ A blog post entitled “[How to Help a Grieving Parent Who Lost a Spouse: 13 Tips](#)” (from **Cake**)
- ◆ A blog post entitled “[How to Deal with Loneliness If Your Husband Dies: 12 Tips](#)” (from **Cake**)
- ◆ “[Helping Yourself Heal When Your Spouse Dies](#)” (from **Center for Loss & Life Transition**)
- ◆ “[Why Travel Can Be a Turning Point After Losing a Partner](#)” (from **Conde Nast Traveler**)
- ◆ “[How to Date Again After the Death of a Partner](#)” (from **Empathy**)
- ◆ “[5 things Young Widows and Widowers Should Know](#)” (from **Empathy**)
- ◆ A blog post entitled “[Surviving a Spouse’s Death by Suicide](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Surviving a Partner’s Homicide](#)” (from **Grief**)

## Healing)

- ◆ A blog post entitled “[Resources for Young Widow\(er\)s](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Remarriage in Widowhood: How Soon is Too Soon?](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Surviving Spousal Loss: Financial Concerns in Widowhood, Part 1](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Surviving Spousal Loss: Financial Concerns in Widowhood, Part 2](#)” (from **Grief Healing**)
- ◆ “[Grieving the Death of a Spouse](#)” (from **Heal Grief**)
- ◆ “[After Losing the Love of My Life, I’m Dating for the First Time in Decades.](#)” A man whose wife died of cancer describes why he started dating again, and discusses the difficult issues this raised for himself and his two daughters. (from **Healthline**)
- ◆ “[What is ‘Sexual Bereavement’?](#),” which highlights how “the death of a long-term partner leaves someone to grieve the end of this shared sexuality that was so critical to the relationship” (from **Modern Loss**)
- ◆ [Role Models](#), a depiction of the lives and contributions of several widows selected by the Modern Widows Club as legendary widow role models (from **Modern Widows Club**)
- ◆ [Widow Support Blogs](#) with “support in navigating finances, health, relationships, and parenting when life is turned upside down” (from **Modern Widows Club**)
- ◆ [Healthy Widow Healthy Woman Podcast](#), which includes episodes on topics such as emotional, mental, physical, financial, and spiritual health (from **Modern Widows Club**)
- ◆ [Emotional & Mental Health for Widows](#) with a blog post entitled “[Widow Wisdom: What Motivates You to Keep Going and Keep Growing?](#),” which has a collection of inspirational quotes from widows (from **Modern Widows Club**)
- ◆ “[Signs from Your Deceased Spouse Are Closer Than You Think](#)” (from **Modern Widows Club**)
- ◆ “[Mourning the Death of a Spouse](#),” an article with guidance on “finding a support system,” and “taking care of yourself while grieving” and answers to such questions as “What are the signs of complicated grief?” and “Does everyone feel the same way after a death?” (from the **National Institute on Aging**)

- ◆ Articles such as [“What to Expect After Losing a Spouse,”](#) which discusses common problems encountered by new widowers (from **National Widowers Organization**)
  - ◆ [Bereavement resources for men who have lost a spouse, in print and on the web,](#) with recommendations for blogs, organizations, and books (from **National Widowers Organization**)
  - ◆ [“Hey, Widowers: What’s the Hurry to Remarry?”](#) (from **Open to Hope**)
  - ◆ [“Overcoming Male Grief: The Widower’s Journey”](#) (from **Open to Hope**)
  - ◆ [“The 8 Best Podcasts for Widows”](#) (from **Podyssey**)
  - ◆ [“Tips for Coping with the Death of a Spouse”](#) (from **Verywell Mind**)
  - ◆ [“Challenges and Coping Strategies,”](#) which describes the difficulties faced by widows as they adapt to their “new realities” in the aftermath of their loss (from **The W Connection**)
  - ◆ [“Grieving the Death of a Spouse or Significant Other”](#) (from **What’s Your Grief?**)
  - ◆ [“Resources for Widows: Recommendations from the WYG Community”](#) (from **What’s Your Grief?**)
  - ◆ Practical advice for [The First Few Weeks,](#) such as [“Talking to Children”](#) and [“What to Do With Ashes”](#) (from **Widowed and Young**)
  - ◆ Guidance for coping with “Life after Death” including [“Getting Back Out Into the Real World”](#) and [“The Perils of Dating”](#) (from **Widowed and Young**)
  - ◆ [“Surviving Weddings and Special Events”](#) (from **Widowed and Young**)
  - ◆ [“Effects of Dating on Children’s Grief”](#) (from **Willow House**)
  - ◆ [“Two Years On, COVID Widows Say They Need Help as Their Children Struggle With Grief and Anxiety”](#) (from **Yahoo! News**)
  - ◆ [“To the Widow Who Is Afraid of Loving Post Loss”](#) (from **Young, Widowed & Dating**)
- ❖ **Stories:**
- ◆ [“There is No One Right Way to Be a Widow. I’m Proof of That.”](#) A woman describes why she decided to become involved in a new relationship shortly after her husband’s death. (from **AARP**)

- ◆ [“Loss of Husband, Dave, to Brain Cancer.”](#) A woman writes about her experience as a caregiver to her husband after his diagnosis of brain cancer and the complexities of grieving following his death. (from **Forced Joy Project**)
- ◆ [“Loss of Husband, Rich, to Sudden Cardiac Arrest.”](#) A woman reflects on the sudden death of her husband and how the loss has impacted her and her three daughters. (from **Forced Joy Project**)
- ◆ [“Loss of Fiancé, Brian, from Cardiac Arrest.”](#) A woman describes the sudden death of her fiancé and what it has been like to live with both grief and joy in his absence. (from **Forced Joy Project**)
- ◆ [“Sudden Loss of Husband, Ron.”](#) A woman writes about the sudden loss of her husband in a traffic accident and how she navigated the aftermath of his death. (from **Forced Joy Project**)
- ◆ [“Loss of Husband, Joseph.”](#) A woman writes about the death of her husband from a heart attack and how she navigated bereavement, widowhood, and parenthood as a 24-year-old mother. (from **Forced Joy Project**)
- ◆ [“I Want to Lay on the Floor.”](#) A woman describes an unconventional coping mechanism – laying on the floor – that she used for months after the loss of her husband. (from **Grief Narratives**)
- ◆ [“In Death There Is Also Beauty.”](#) A woman writes about the loss of her husband and how her entire life as she knew it was upended, yet over time she was able to build a new life, emerge stronger, and see things in a brand new light. (from **Grief Narratives**)
- ◆ [“The Day Our Lives Changed Forever.”](#) A woman reflects on the loss of her husband, who suffered from a stroke, and the difficult decision the family had to make to let him go. (from **Grief Narratives**)
- ◆ [“When I Became a Widow at 27, I Used Sex to Survive My Heartbreak.”](#) (from **Healthline**)
- ◆ [“Your Story Doesn’t End with the Death of a Spouse.”](#) A woman describes how she made it out of the rawest stages of grief and was able to create a rewarding life despite her loss. (from **Hope for Widows**)
- ◆ [“My Hard, Lonely and Strangely Magical Trip Through Young Widowhood.”](#) A woman shares her journey through grief as a young widow and describes how she found kinship and ultimately solace through the writings of other young widows like herself.



(from **Modern Loss**)

- ◆ [“Holy Shit, I’m Single Again.”](#) (from **Modern Loss**)
- ◆ [“21 Things I Hate — and Love — About Being a Widow”](#) (from **Modern Loss**)
- ◆ [“He Told Me to Get On With My Life — and Now, I Have.”](#) A woman reflects on moving forward after her husband’s death by suicide. (from **Modern Loss**)
- ◆ [“How to Widow.”](#) A woman shares 16 rules or mantras for navigating through life that she developed following the death of her husband. (from **Modern Loss**)
- ◆ [“Widowed with Children.”](#) A woman shares her story of losing her husband and how she is looking for a mate – this time with an infant and toddler in tow. (from **Modern Loss**)
- ◆ [“After a Suicide Loss: Choosing to Live.”](#) A woman describes her experience after the death of her husband of almost 38 years by suicide. (from **Modern Widows Club**)
- ◆ [“Suicide, Betrayal and Coming Home.”](#) A woman describes the many ramifications of her husband’s death by suicide, and explains what she learned about resilience, healing and personal growth. (from **Open to Hope**)
- ◆ [“My New Girlfriends: Pets and Grieving.”](#) A man describes how his two dogs have helped him to cope with the loss of companionship that he experienced following the death of his wife. (from **Open to Hope**)
- ◆ [“Surviving the Shock of Widowhood.”](#) A woman recounts the many ways she was impacted by her husband’s death, and how her friendships were affected by her new status as a widow. (from **Open to Hope**)
- ◆ [“Someone is Always Going to Have an Opinion. It's Up to You to Acknowledge or Ignore These Opinions.”](#) A woman shares her story about dating again after her husband died from cancer. (from **Option B**)
- ◆ [“I Try to Use the Negative Emotions My Kids and I Feel as Motivation to Bring Back Something for My Community.”](#) A woman, whose husband was killed by the police, explains how she talks to high school students about how to behave when in the presence of a police officer. (from **Option B**)
- ◆ [“Two Boys Who Have Crawled Out of Darkness with Grace and Dignity and Beauty.”](#) A mother reflects on how her sons are

growing up without their father. (from **Option B**)

- ◆ [“It Takes Time, Determination, and the Effort to Reinvent Yourself. You Will Change; It’s Inevitable.”](#) A woman shares her story about her husband’s death by suicide. (from **Option B**)
  - ◆ [“Even Though I Expected It, You Can Never Prepare Yourself for When It Happens.”](#) A man reflects on his life with his partner who died from throat and neck cancer. (from **Option B**)
  - ◆ “The largest collection of [blogs](#) written by widowed people” (from **Soaring Spirits International**)
  - ◆ [“7 Things I Learned About Grief When My Husband Died,”](#) how a therapist learned a new understanding about grief after her husband passed away. (from **Verywell Mind**)
  - ◆ [“How to Be a Widow: A Guide from a Wife Who Doesn’t Know Either.”](#) A woman writes about how, when she lost her husband to brain cancer, she learned that there is no roadmap for grief. (Must have a subscription) (from **The Washington Post**)
  - ◆ [“Tell Two Jokes and Call me in the Morning: How Humor Helped My Family Grieve.”](#) A woman describes how humor helped her cope with her husband’s illness and death, and served as a reminder that it’s still ok, even healthy/therapeutic, to smile and laugh. (from **What’s Your Grief?**)
  - ◆ [“Pilates Helped Me Make Space for Grief – and Believe in My Strength Again – As a Young Widow”](#) (from **Well+Good**)
  - ◆ Personal stories of coping with grief in the [Voices of Our Members](#) (from **Widowed and Young**)
  - ◆ WAY Members share how [dogs](#) have helped them with their grief (from **Widowed and Young**)
  - ◆ WAY Members share how [cats](#) have helped them with their grief (from **Widowed and Young**)
  - ◆ [Personal stories](#) featuring accounts from widows of all ages (from **Widows Connection**)
- ❖ **Support:**
- ◆ Forums
    - Articles
      - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
      - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)

- A blog post entitled “[Finding Support on a Message Board](#)” (from **Grief Healing**)
- Forums with a Broad Focus
  - AARP's [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
  - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
  - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Loss of a Spouse, Partner
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of a Spouse, Partner or Significant Other](#) and [Loss of a Love Relationship](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grief in Common](#) has forums on many different types of loss, including [Loss of Spouse](#) and [Dating Again after the Loss of a Spouse/Partner](#). Their Live Chat rooms require a monthly fee.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Loss of a Partner](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - [Widowed Village Discussions](#) (**Soaring Spirits International** supports widows). “Widowed Village is the place to share the question that's been keeping you up at night. Our members have told us that they regularly experience a huge sense of relief after sharing what is on their minds with their widowed peers.”
  - Suicide: Alliance of Hope’s [Community Forum](#) (Has a section [for those who lost spouses, fiancés or partners as a result of suicide](#)). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated

by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”

◆ Peer Support/Support Groups

▪ Articles

- [“8 Best Support Groups for People Who Lost a Spouse or Partner”](#) (from **Cake**)
- A blog post entitled [“How to Find In-Person Grief Support Groups: Step-By-Step”](#) (from **Cake**)
- A blog post entitled [“12 Best Free or Affordable Online Grief Support Groups”](#) (from **Cake**)
- [“How the Grief Experience Affects Us,”](#) which highlights the benefits of peer support (from **Good Grief**)
- A blog post entitled [“Finding Grief Support That is Right for You”](#) (from **Grief Healing**)
- A blog post entitled [“Support Groups vs. Individual Counseling”](#) (from **Grief Healing**)
- A blog post entitled [“Grief Support Groups: What Are the Benefits?”](#) (from **Grief Healing**)
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- [“The 10 Best Online Grief Support Groups”](#) (from **Healthline**)
- [“Online Grief Support Groups to Heal Together”](#) (from **LoveToKnow**)
- [“Finding Support”](#) (from **Modern Loss**)
- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’”](#) (from **Psych Central**)
- [“Best Online Grief Support Groups,”](#) an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)

▪ One-to-One with a Broad Focus

- Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
- [Grief in Common Grief Coaching](#) “provides an opportunity

for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”

- [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
- [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- One-to-One: Loss of a Spouse, Partner
  - [Widower to Widower: Peer Support Program](#). “Through the National Widowers’ Organization’s ‘Widower to Widower’ peer support program, volunteer widowers are available to contact another widower.” (from the **National Widowers Organization**)
  - [Widowed Pen Pals](#). “Our Widowed Pen Pal program will match you with another widowed person for one-on-one supportive e-mail correspondence.” (**from Widowed Village**)
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out](#).”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”

- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Spouse, Partner
  - [Facebook](#) offers general grief support groups as well as groups specific to loss of a spouse, such as “[Death of a Spouse Grief Support](#),” “[Widow and Widowers Grief Support Group](#),” and “[Surviving the Loss of a Spouse, Soulmate](#).”
  - Legacy moderates many private [Facebook support groups](#), including the [Loss of a Spouse](#)
  - [Link to local chapters](#) of Modern Widows Clubs throughout the United States and abroad
  - [Free Peer-led Virtual Grief Support Groups](#), including the loss of a spouse, partner, significant other, boyfriend or girlfriend in multiple languages (from **My Grief Angels**)
  - [National Widowers Organization](#) provides in-person and virtual support groups for men coping with the loss of a spouse or partner.
  - [The Sisterhood of Widows](#) has two Facebook groups for widows: [The Sisterhood of Widows](#), a public Facebook group for widows and [The Sisterhood of Widows – Private Group for Widows](#).
  - [LGBTQ+ Community Specific Group](#) for Widows (from **Soaring Spirits International**)
  - [Regional social groups](#) for widows, including events for the general population as well as those focused specifically on the LGBTQ+ widowed community. “Groups are led by our awesome volunteer facilitators who plan meetings twice a month in their geographical area, and in some cases virtually.” (from **Soaring Spirits International**)
- ❖ **Websites:**
  - ◆ [Hope for Widows](#)
    - Hope for Widows’ mission is “easing the burden of widows and their families. We support widows through the grieving process and beyond by providing life transition resources and immediate connections. We facilitate the healing process which allows for rebuilding to start from our communities embrace by uplifting and encouraging widows to re-engage in



life.”

- ◆ [Modern Widows Club](#)
  - The purpose of the Modern Widows Club is to “empower women of all ages, races, beliefs, faiths, partner-statuses, socioeconomic statuses and all loss-circumstances in widowhood to lean into life and build resilience through mentoring, awareness and advocacy.”
- ◆ [National Widowers Organization](#)
  - “The National Widowers’ Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition.”
- ◆ [The Sisterhood of Widows](#)
  - “This is the ultimate online grief support site for widows and it’s here to help you create a new life after the death of your loved one...You are not alone and you don’t have to struggle by yourself. We are here to encourage and guide you.”
- ◆ [Soaring Spirits International](#)
  - “Soaring Spirits’ mission is to provide programs, resources and a community of support for widowed people.”
- ◆ [The W Connection](#)
  - The W Connection “was founded with the simple yet challenging goal of widows helping widows rebuild their lives.”
- ◆ [Widowed and Young](#)
  - Widowed and Young “offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation.” They have an active online community of people connecting and offering support.
- ◆ [Widowed Parent](#)
  - “The Widowed Parent project is committed to supporting widowed mothers and fathers with children in the home.”
- ◆ [Widownet.org](#)
  - Widownet.org “is the first online information and self-help resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people, of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner.”
- ◆ [Young, Widowed & Dating](#)

- “Be part of the Young, Widowed & Dating community— whether you’re contemplating re-entry or have found a new, loving relationship. We’re in this together, exploring what it means to be *Restarting Your Heart After Death Do Us Part.*”

- Loss of a Child

- ❖ Resources:

- ◆ Sign up for “[Healing Emails for Mothers.](#)” “This series is designed especially for mothers and mother figures who have lost children to suicide. Each email contains wisdom from the survivor community and messages of hope, comfort, and support.” (from **Alliance of Hope**)
    - ◆ “[What Losing My Two Children Taught Me About Grief.](#)” A man and his wife write about being in a car crash and losing their two teenage children and the difficult process of finding words to convey grief and loss. (from **The Atlantic**)
    - ◆ “[Going Through It Together: How to Support Each Other After the Loss of a Child](#)” (from **AfterTalk**)
    - ◆ A blog post entitled “[11 Tips for Coping with the Death of Your Adult Child](#)” (from **Cake**)
    - ◆ A blog post entitled “[How to Cope After Your Child Dies of a Homicide](#)” (from **Cake**)
    - ◆ A blog post entitled “[How to Tell a Child Their Sibling Died](#)” (from **Cake**)
    - ◆ “[Helping Yourself Heal When Your Child Dies,](#)” which includes information on topics such as allowing yourself to mourn, realizing your grief is unique, expecting to feel a multitude of emotions, and developing a support system (from **Center for Loss & Life Transition**)
    - ◆ Articles that describe strategies for dealing with child loss such as “[Preparing Your Child’s Funeral,](#)” “[Coping with Special Occasions,](#)” and “[Your Child’s Digital Legacy](#)” (from **The Compassionate Friends**)
    - ◆ “[Living with Grief,](#)” which describes the pain of grief from losing a child and offers suggestions on how to cope (from **The Compassionate Friends**)
    - ◆ “[The Grief of Parents When a Child Dies,](#)” which describes the “grief journey” and emotions associated with the loss of a child

including guilt, anger, fear, loneliness and emptiness (from **The Compassionate Friends**)

- ◆ [“Helping Our Grandchildren When Our Child Has Died”](#) (from **The Compassionate Friends**)
- ◆ [“Grieving Child Loss in Blended and Step Families”](#) (from **The Compassionate Friends**)
- ◆ [“The Death of an Adult Child”](#) (from **The Compassionate Friends**)
- ◆ [“Coping with Judgmental Attitudes,”](#) which focuses on the death of a son or daughter to such causes as drug overdose or suicide, and describes the “trauma, conflict, and anxiety we may have suffered before our child died; the shame we may feel when our child has died in a way that others may consider anti-social; the guilt we may feel that we were not able to save them; and the frightening nature of our contradictory feelings” (from **The Compassionate Friends**)
- ◆ Article focusing on parental grief amidst the pandemic entitled [“Grieving the Death of Our Child During the Coronavirus Pandemic,”](#) which highlights the “turmoil caused by sudden death” and “adjusting to the painful reality of death” (from **The Compassionate Friends**)
- ◆ [Death of a Child](#) page, which has information about “feelings and experiences after your child dies” and “supporting yourself after the death of a child” (from **Cruse Bereavement Support**)
- ◆ [“The Burden of the Black Mother,”](#) an article describing the pressures placed on Black mothers to express their grief publicly and thus provide a call to action (from **THE CUT**)
- ◆ [“Bereaved Parents”](#) (from **Evermore**)
- ◆ [“Books on the Loss of a Child”](#) (from **Grief.com**)
- ◆ A blog post entitled [“When Child Loss Threatens a Marriage”](#) (from **Grief Healing**)
- ◆ A blog post entitled [“Surviving a Child’s Homicide”](#) (from **Grief Healing**)
- ◆ A blog post entitled [“When an Adult Child Dies: Resources for Bereaved Parents”](#) (from **Grief Healing**)
- ◆ [“Grieving the Death of a Child”](#) (from **Heal Grief**)
- ◆ [“Grieving the Loss of a Child: How Parents Cope,”](#) an article that includes information on topics such as how to facilitate the grieving process and ways to find comfort and hope (from **LoveToKnow**)

- ◆ [“How to Spend Father’s Day on Your Own Terms”](#) (from **Option B**)
  - ◆ [“How to Spend Mother’s Day on Your Own Terms”](#) (from **Option B**)
  - ◆ [“Grief and the Black Mother,”](#) an article which describes “the experiences of mourning Black women through the years” (from **Psych Central**)
  - ◆ [“Coping with the Sudden Death of a Child: Keep the Family Bonded and Seek Help for Your Grief,”](#) an article that emphasizes the importance of sticking together, seeking professional help, accepting help, finding a support group, and using creative outlets (from **Verywell Family**)
  - ◆ [“How to Deal with the Grief of Losing a Child,”](#) an article that provides “an overview of common grief reactions, options for seeking help, and ways to cope” (from **Verywell Health**)
- ❖ **Stories:**
- ◆ [“Men’s Grief – Big Boys Do Cry.”](#) A man whose daughter died by suicide describes how men are expected to hide their emotions, which often come out in unhealthy ways. (from **Alliance of Hope**)
  - ◆ [“A Mother’s Tears: Contemplating Black Grief.”](#) A Black mother and survivor of sibling loss, who is also a pediatrician, explores the grief of Blacks given the continual losses they experience. (from **Annals of Family Medicine**)
  - ◆ [“Loss of Daughter, Izabela.”](#) A woman shares her story about the tragic loss of her 7-year-old daughter in a motor vehicle accident and how she has continued to survive and find joy in the aftermath. (from **Forced Joy Project**)
  - ◆ [“Letting Go of My Son’s Old Toys.”](#) A man shares his struggle to overcome his reluctance to give away his deceased son’s toys. (from **Grief Narratives**)
  - ◆ [Tell Your Story](#), which is a page “to allow grieving dads and moms to tell their story in anonymity” (from **Grieving Dads**)
  - ◆ A blog featuring posts such as [“Friendships and Forever,”](#) which describes “how our friends respond to us after our losses;” and [“Never Show Weakness,”](#) which highlights how “it is sometimes difficult for men to ‘release’ the emotions that build up” (from **Grieving Dads**)
  - ◆ [“I’m Not Done Being Your Mom.”](#) The author describes how she continues to feel connected to her son, many years after his death

- due to an illness. (from **Modern Loss**)
- ◆ [“Learning to Quiet My Mind.”](#) A mother describes how much she benefited from yoga and meditation in coping with the death of her youngest son. (from **Modern Loss**)
  - ◆ [“The Hummingbirds Who Lightened My Grief.”](#) After losing her daughter, a mother finds solace in watching the beautiful birds that gather in her backyard. (from **Modern Loss**)
  - ◆ [“After My Daughter’s Death, on Guilt and Apologies.”](#) A man describes the survivor’s guilt that he and his wife experienced in the wake of losing their six-year-old daughter to brain cancer (from **Modern Loss**)
  - ◆ [“Is There Sex After Death?”](#) (from **Modern Loss**)
  - ◆ [“It Begins, Life without My Son.”](#) A mother describes her life after her son died from suicide. (from **National Alliance on Mental Illness**)
  - ◆ [“Because of You’: Letter to a Daughter Who Has Died.”](#) A mother describes the many things she has learned from her daughter’s death and how she has become a better person. (from **Open to Hope**)
  - ◆ [“And I Don’t Want Anyone to Forget About Jesse. He Isn’t ‘Lost.’ He Was Murdered.”](#) A mother shares her story about her son being killed in the Sandy Hook Elementary School shooting. (from **Option B**)
  - ◆ [“Helping Other Families Gives Us a Focus Beyond Our Own Pain.”](#) A couple shares their story about how they have reached out to families following the loss of their daughter to brain cancer. (from **Option B**)
  - ◆ [“Resilience Is Found When You Overcome the Ego and Let Go, Surrendering to a Greater Plan.”](#) A woman recounts losing her ten-year-old daughter to a rare disease and explains how her faith fostered her and her surviving family members’ resilience. (from **Option B**)
  - ◆ [“Surviving the Death of Your Child Is The Worst Nightmare of Any Parent.”](#) A mother describes how she is honoring the memory of her son after his death. (from **Option B**)
  - ◆ [“I Can’t Control What Comes Downstream, I Can Only Try to Manage the Flow.”](#) A mother recounts how she prepared for her daughter’s death from a rare disease. (from **Option B**)
  - ◆ [“Losing Friends After Child Loss.”](#) A woman describes the difficulties in maintaining friendships with others following the

death of a child. (from **Still Standing Magazine**)

- ◆ [“The Lives Left Behind: How Do We Pack Up Our Child’s Belongings?”](#) A mother processes going through her child’s belongings after their passing, the meaning behind the belongings, and seven things to keep in mind during the process. (from **Still Standing Magazine**)
- ◆ [“How Adopting a Puppy Helped Me Grieve.”](#) A woman who lost her son describes the many ways that a puppy brought her comfort and joy. (from **Still Standing Magazine**)
- ◆ [“The Unbearable Grief of Black Mothers.”](#) A woman describes the emotional and physical burden of grief on Black mothers’ bodies. (from **Vox**)

❖ **Support:**

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  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
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    - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
  - Forums/Chats: Loss of a Child
    - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings. There



are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”

- [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of an Infant, Child or Grandchild](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grief in Common](#) has forums on many different types of loss, including [Loss of Adult Child](#) and [Loss of Child](#). Their Live Chat rooms require a monthly fee.
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- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- One-to-One: Loss of a Child
  - [Caring Listeners](#). Volunteer parents who have lost a child are available to talk with other parents. They have Caring Listeners who speak English, Spanish, French, Italian, Cantonese, Romanian, Hindi and Russian. (from **Helping Parents Heal**)
  - [HOPE Mentors](#). In the HOPE Mentor program, “you will be matched with a trained volunteer who is also a bereaved parent, grandparent, or sibling who will connect with you in-person if they are local to you OR via email, phone, and

Skype if not in your area.” (from the **MISS Foundation**)

- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Child
  - Meeting Locator by **The Compassionate Friends** (who support families after a child dies) [nationally](#) and [internationally](#)
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases; Loss of a Child; Loss to Miscarriage or Stillbirth; Miscarriage, Stillbirth, Loss of an Infant Grandchild; Infant and Toddler Loss; Loss of a Child 4 -12 Years Old; Loss of a Child 13-19 Years Old; Loss of an Adult Child; Loss of an Only Child/All of Your Children; Loss of a Stepchild; Loss of a Grandchild; TCF SIBS; Loss of a LGBTQ+ Child; Bereaved LGBTQ Parents with Loss of a Child; Multiple Losses; Men in Grief; Daughterless](#)

[Mothers; Sudden Death; Loss to Substance Related Causes; Sibling Loss to Substance Related Causes; Loss to Suicide; Loss to Homicide; Loss to a Drunk/Impaired Driver; Loss to Cancer; Loss of a Child with Special Needs; Loss to Long-term Illness; Loss After Withdrawing Life Support; Loss to Mental Illness; Finding Hope for Parents Through TCF Siblings; Grandparents Raising their Grandchildren; Bereaved Parents with Grandchild Visitation Issues; Inclusion and Diversity; Grieving with Faith and Hope; Secular Support; Reading Your Way Through Grief; and Crafty Corner](#) (from **Facebook**)

- [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
- [Facebook](#) offers general grief support groups as well as groups specific to loss of a child, such as “[Grieving Parents Support Network](#)” and “[Loss of a Child.](#)” Legacy moderates many private [Facebook support groups](#) including the [Loss of a Child](#).
- [Free Peer-led Virtual Grief Support Groups](#), including the loss of a child of any age in multiple languages (from **My Grief Angels**)
- [Helping Parents Heal](#) focuses on spirituality and the afterlife. It has many [Special Interest Groups](#) including the following:  
[Helping Fathers Heal; Helping Parents Heal - Moving Forward After Suicide; Helping Parents Heal - Parents of Children Who Passed of Substance Use; Helping Parents Heal - Parents of Infants, Toddlers and Young Children; Helping Parents Heal - Spiritual Tools for Grief Healing; Helping Parents Heal - Parents of Special Needs Children; Helping Parents Heal Meditation Group; Helping Parents Heal - Connecting with Our Loved Ones; Helping Parents Heal - All Our Children/Only Child; and Helping Parents Heal En Español](#)  
[Helping Parents Heal](#) also has in-person groups at [various places in the country](#).

- [Virtual Support Groups](#) for Bereaved Parents of Perinatal/Neonatal Loss (Padres en duelo por la pérdida perinatal/neonatal en español), Pregnancy After Loss, Parenting After a loss, Dad’s Grief Discussion Group and Coping SUID/SIDS and Infant Death (from the **Star Legacy Foundation**)

❖ **Websites:**

◆ [Alive Alone](#)

- “Alive Alone is an organization for the education and charitable purposes to benefit bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.”

◆ [Bereaved Parents of the USA](#)

- Bereaved Parents of the USA’s mission is “helping grieving parents and families rebuild their lives after the death of a child.”

◆ [The Compassionate Friends](#)

- “The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.”

◆ [COPE](#)

- COPE is “a nonprofit grief and healing organization dedicated to helping parents and families living with the loss of a child.”

◆ [Dougy Center](#)

- “The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.”

◆ [First Candle](#)

- “First Candle is committed to ending Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths while providing bereavement support to families who have experienced a loss.”

- ♦ [Grieving Dads](#)
  - The story of Kelly Farley, an author, speaker, coach and grieving dad who has dedicated himself to “other dads [who] have lost a child and help them find their way back from the brink.”
- ♦ [Helping Parents Heal](#)
  - “Helping Parents Heal is a non-profit organization dedicated to assisting bereaved parents. Through support and resources, we aspire to help individuals become “Shining Light Parents,” meaning a shift from a state of emotional heaviness to hopefulness and greater peace of mind. HPH goes a step beyond other groups by allowing the open discussion of spiritual experiences and afterlife evidence in a non-dogmatic way. HPH welcomes everyone regardless of religious or non-religious background and encourages open dialog.”
- ♦ [MISS Foundation](#)
  - “The MISS Foundation, established in 1996 by Dr. Joanne Cacciatore, is an international 501(c)3, volunteer based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.”
- ♦ [SUDC Foundation](#)
  - “The SUDC Foundation’s mission is to promote awareness, advocate for research and support those affected by sudden unexpected or unexplained death in childhood.”

- Loss of a Sibling

- ❖ Resources:

- ♦ A blog post entitled “[How to Tell a Child Their Sibling Died](#)” (from **Cake**)
    - ♦ A blog post entitled “[10 Tips for Dealing with the Death of a Sibling](#)” (from **Cake**)
    - ♦ A blog post entitled “[16 Books for Toddlers About Death, Grief & Illness](#),” which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
    - ♦ “[Helping Yourself Heal When an Adult Sibling Dies](#)” (from **Center**)



### for Loss & Life Transition)

- ◆ [“Adults Grieving the Death of a Sibling,”](#) which includes information on what adult siblings may expect, college students who lose a sibling, senior citizens who lose a sibling, and finding a support group. (from **The Compassionate Friends**)
  - ◆ [“A Sibling’s Grief,”](#) a guide to support young adults who have lost a sibling (from **The Compassionate Friends**)
  - ◆ [“Loss of a Sibling”](#) (from **eCondolence**)
  - ◆ [“Sibling Grief: Supporting Your Children After a Sibling Dies.”](#) A woman who lost her sister to cancer reaches out to families who lost their children and gets advice from grief professionals in the Camp Erin network. (from **Eluna**)
  - ◆ A blog post entitled [“Sibling Loss: When Grief Goes Unacknowledged”](#) (from **Grief Healing**)
  - ◆ A blog post entitled [“Traumatic Loss: Surviving a Sibling’s Fatal Accident”](#) (from **Grief Healing**)
  - ◆ [“Grieving the Death of a Sibling”](#) (from **Heal Grief**)
  - ◆ [“31 Thoughtful Children’s Books About Death and Dying”](#) (from **LovetoKnow**)
  - ◆ [“When a Sibling Dies by Suicide”](#) (from **Open to Hope**)
  - ◆ [“Role of Guilt in Sibling Loss”](#) (from **Open to Hope**)
  - ◆ [“Sibling Grief”](#) due to the murder of their sibling (from **POMC**)
  - ◆ [Sibling support booklets](#) to help children understand the loss (e.g., [“When Your Brother Dies.”](#)) (from **Sibling Support**)
  - ◆ [Questions and answers](#) about losing a sibling organized by age (under 7, 7-10 years old, 11-16 years old, and 16+) (from **Sibling Support**)
  - ◆ [“How to Cope with Sibling Grief,”](#) which focuses on the ramifications of sibling loss, including why siblings are special and why sibling loss is often misunderstood (from **Verywell Mind**)
  - ◆ [“Grieving the Death of a Sibling”](#) describes the many ways people are affected by the death of a sibling (at any age). Topics include dealing with missed opportunities and changes in family dynamics and support systems. (from **What’s Your Grief?**)
- ❖ **Stories:**
- ◆ [“A Mother’s Tears: Contemplating Black Grief.”](#) A Black mother and survivor of sibling loss, who is also a pediatrician, explores the grief of Blacks given the continual losses they experience. (from

### **Annals of Family Medicine)**

- ◆ [“Loss of Twin, Brad Frost.”](#) A man reflects on the loss of his 35-year-old twin brother just one hundred days after his diagnosis with a rare form of kidney cancer. (from **Forced Joy Project**)
- ◆ [“Grieving for My Brother – A Story of the Loss of a Sibling.”](#) A woman discusses the loss of her 29-year-old brother in a motor vehicle accident and describes her attempts to find ways to honor his memory. (from **Grief and Sympathy**)
- ◆ [“A Life Lesson from an Older Sibling.”](#) A woman reflects on the loss of her older brother who had a disease, went into cardiac arrest, a coma, and then died. (from **Love Lives On**)
- ◆ [“What I Still Can’t Do.”](#) A woman describes the challenges of coming to terms with her sister’s death (from **Modern Loss**)
- ◆ [“What I Tell My Kids About Their Brother Who Died Before They Were Born.”](#) A woman describes how she and her husband chose to be candid with their two surviving children about the loss of their brother when he was only 22 months old. (from **Modern Loss**)
- ◆ [“From a Distance.”](#) A sister reflects on a brother’s death by suicide (from **Modern Loss**)
- ◆ [“What It’s Like to Lose a Twin.”](#) A woman describes how she was affected by losing her identical twin in a small plane crash. (from **Open to Hope**)
- ◆ [“Finding Peace After the Loss of a Brother.”](#) A woman shares her story about losing her brother in a motor vehicle accident. (from **Open to Hope**)
- ◆ [“Unleash the Silence: Compassion for Surviving Siblings.”](#) A woman describes the ramifications of losing her beloved sisters. (from **Open to Hope**)
- ◆ [“Sibling Loss: Losing Part of Myself.”](#) A man describes all that he lost when his brother died. (from **Open to Hope**)
- ◆ [“It Was a Long Journey Out of the Darkness, But Once I Discovered What My Purpose Was I Began to Heal.”](#) A woman describes how she found hope and transformed her life after losing her brother in a motor vehicle accident. (from **Option B**)
- ◆ [“There Was Nothing Worse Than Watching My Parents Struggle with Their Own Grief, and Being Afraid to Bother Them with Mine.”](#) A woman describes how her relationship with her parents was affected by losing her baby brother to a rare disease. (from

### Option B)

- ◆ [“When People Show Signs of Giving Up, That’s Actually When They Need You the Most.”](#) A man reflects on his sister’s life struggling with anorexia, and ultimately dying from it. (from **Option B**)
- ◆ [Advice from children who have lost a sibling](#) and links to [personal stories](#) (from **Sibling Support**)
- ◆ [“Molly Researches Condition that Her Brother Died From.”](#) A woman describes how she was driven to learn more about the loss of her brother from a rare heart condition. (from **Sibling Support**)
- ◆ [“Gemma’s Story.”](#) A girl shares her story about her younger brother who died from acute myeloid leukemia (from **Sibling Support**)
- ◆ [“Callum’s Story.”](#) A man describes his experience of losing his older brother to cancer when he was just 12-years-old (his brother was 14). (from **Sibling Support**)
- ◆ Blog posts with articles about individuals facing the loss of a sibling such as [“Milly’s Story”](#) and [“Chatting with Julia Samuel: A Grief Counselor”](#) (from **Sibling Support**)

### ❖ Support:

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums with a Broad Focus
    - AARP's [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”

- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Loss of a Sibling
  - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings who have lost a child. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of a Sibling or Twin](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grief in Common](#) has forums on many different types of loss, including [Loss of Sibling](#). Their Live Chat rooms require a monthly fee.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Loss of a Sibling](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - Suicide: Alliance of Hope’s [Community Forum](#) (Has a section [for those who lost siblings](#)). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
- ♦ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
    - A blog post entitled “[Support Groups vs. Individual](#)”

- [Counseling](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
- “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
- “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
- “[Finding Support](#)” (from **Modern Loss**)
- “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
- “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
- “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- One-to-One: Loss of a Sibling
  - [HOPE Mentors](#). In the HOPE Mentor program, “you will be matched with a trained volunteer who is also a bereaved parent, grandparent, or sibling who will connect with you in-person if they are local to you OR via email, phone, and Skype if not in your area.” (from the **MISS Foundation**)

- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as [“Grief Speaks Out.”](#)
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled [“Grief: Releasing Pain, Remembering Love and Finding Meaning”](#) (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Free Peer-led Virtual Grief Support Groups](#), including loss of anyone grieving the loss of a child, sibling, or extended family member in multiple languages (from **My Grief Angels**)
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Sibling
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases; Infant and Toddler Loss; Loss of a Child 4 -12 Years Old; Loss of a Child 13-19 Years Old; Bereaved siblings; Loss of an LGBTQ+ Child; Multiple Losses; Men in Grief; Sudden Death; Loss to Substance Related Causes; Sibling Loss to Substance Related Causes; Loss to Suicide; Loss to Homicide; Loss to a Drunk/Impaired Driver; Loss to Cancer; Loss of a Child with Special Needs; Loss to Long-term Illness; Loss After](#)



[Withdrawing Life Support](#); [Loss to Mental Illness](#); [Finding Hope for Parents Through TCF Siblings](#); [Inclusion and Diversity](#); [Grieving with Faith and Hope](#); [Secular Support](#); [Reading Your Way Through Grief](#); and [Crafty Corner](#) (from **Facebook**)

- [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
- [Facebook](#) offers general grief support groups as well as groups specific to the loss of a sibling, e.g., “[Sibling LOSS Grief Support Group](#),” “[Loss of a Sibling](#),” or “[Twin Bereavement: Losing Your Identical Twin & Mourning with Raw Pain](#).”
- [Free Peer-led Virtual Grief Support Groups](#), including dealing with the loss of a sibling, extended family or friends in multiple languages (from **My Grief Angels**)
- Legacy moderates many private [Facebook support groups](#) including the [Loss of a Sibling](#).

❖ **Websites:**

◆ [Sibling Grief Club](#)

- “The purpose of Sibling Grief Club is to connect bereaved adult siblings with the sole intention of lending comfort and support to one another so that we learn to live again within the broken circle that is now our family.”

◆ [Sibling Support](#)

- The mission of Sibling Support is “helping you cope with the death of your brother or sister.” They state: “We are a sibling specific service. For siblings, by siblings.”

◆ [Twinless Twins Support Group International](#)

- “The Twinless Twins Support Group International provides a safe and compassionate community for twinless twins to experience healing and understanding.”

• **Miscarriage/Stillbirth/Pregnancy Loss/Neonatal Loss**

❖ **Resources:**

- ◆ A blog post entitled “[How to Deal with Anger After a Miscarriage](#)” (from **Cake**)
- ◆ A blog post entitled “[How to Tell Your Coworkers About Your Miscarriage](#)” (from **Cake**)
- ◆ A blog post entitled “[How to Keep Up Hope After a Miscarriage: 6 Tips](#)” (from **Cake**)
- ◆ A blog post entitled “[8 Major Infant and Pregnancy Loss Organizations in the US](#)” (from **Cake**)
- ◆ A blog post entitled “[9 Popular Blogs About Miscarriage or Pregnancy Loss](#)” (from **Cake**)
- ◆ A blog post entitled “[6 Self-Care Practices for After a Miscarriage](#)” (from **Cake**)
- ◆ “[Helping Your Family Heal After Miscarriage](#)” (from **Center for Loss & Life Transition**)
- ◆ “[Dealing with the Pain of Miscarriage](#)” (from **Empathy**)
- ◆ “[Things Nobody Tells You About Miscarriage](#)” (from **Empathy**)
- ◆ “[Advice and Answers About Pregnancy and Infant Loss](#)” (from **Farewelling**)
- ◆ A blog post entitled “[Silent Grief: Pregnancy and Infant Loss](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Coping with Infant Loss](#)” (from **Grief Healing**)
- ◆ “[Mourning Miscarriage: How Families Grieve a Pregnancy Loss](#)” (from **Legacy**)
- ◆ “[How It Feels to Grieve for an Abortion You Don’t Regret.](#)” A woman describes the profound grief she experienced when she decided to terminate her pregnancy after a bleak diagnosis of abnormalities in the fetus. (from **Healthline**)
- ◆ “[Why Michelle Obama's Miscarriage Revelation Matters,](#)” which describes Michelle Obama’s struggles with infertility and having a miscarriage and why this was so impactful for her to share (from **Modern Loss**)
- ◆ “[5 Ways to Reframe Pregnancy Loss](#)” (from **Modern Loss**)
- ◆ “[What to Know About Miscarriage Grief and How to Cope](#)” (from **Verywell Mind**)
- ◆ “[30+ Ways Life Sucks After Infertility and Loss](#)” (from **Still Standing Magazine**)
- ◆ “[Books About Stillbirth That Saved Me](#)” (from **Still Standing Magazine**)

- ◆ [“7 Reasons We Don’t Talk about Infertility and Miscarriage”](#) (from **Verywell Family**)

❖ **Stories:**

- ◆ [“Losing a Child: The Guilt Trip,”](#) a story about a woman feeling guilt over her miscarriage (from **AfterTalk**)
- ◆ [“Family Stories,”](#) which includes stories from mothers who have lost a child through stillbirth (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Adrian’s Story.”](#) A mother writes about the loss of her son through stillbirth due to complications from undiagnosed preeclampsia. (from **Centers for Disease Control and Prevention**)
  - [“Zach’s Story.”](#) A mother writes about the loss of her son while in labor. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Milan’s Story.”](#) A mother reflects on the devastating loss of her son during pregnancy. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Harper’s Story.”](#) A mother writes about finding out her daughter didn’t have a heartbeat three days before her due date. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Ella’s Story.”](#) A mother reflects on the loss of her daughter during full-blown labor. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Miles’ Story.”](#) A mother writes about the loss of her son during her 40th week of pregnancy. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Leo’s Story.”](#) A mother reflects on the day she found out that her second son would not be born alive. (from **Centers for Disease Control and Prevention**)
  - [“Stillbirth: Grace’s Story.”](#) A mother recounts the loss of her daughter at 32 weeks pregnant due to an interruption in blood flow from mother to baby. (from **Centers for Disease Control and Prevention**)
- ◆ [“5 Days.”](#) The author reflects on the death of her newborn son just 36 hours after he was born. (from **Grief Narratives**)
- ◆ [“Everything I Didn't Want to Know About Miscarriages but](#)

[Experienced First-Hand.](#)” A woman shares her experience of losing her pregnancy via miscarriage through an animated comic strip. (from **Modern Loss**)

- ◆ [“The Sewing Blogs were My Salvation,”](#) a story about how one woman coped with the loss of an infant” (from **Modern Loss**)
- ◆ [“The Ugliest Side of Grief.”](#) A mother who experienced a stillbirth describes her difficulties in dealing with jealousy toward people with children. (from **Modern Loss**)
- ◆ [“The Stillbirth Status Updates I Really Wanted to Write.”](#) A woman describes her difficulty composing a status update for Facebook letting everyone know that she had experienced a stillbirth. (from **Modern Loss**)
- ◆ [“How I Rediscovered My Professional Drive After a Stillbirth.”](#) A woman describes how her efforts to immerse herself in her work following the stillbirth of her daughter led her to find happiness. (from **Modern Loss**)
- ◆ [“12 Ways I Needed Support After My Baby Died.”](#) A woman lists all the ways she needed support after losing her six-day-old daughter that she wishes others would have provided to her. (from **Modern Loss**)
- ◆ [“Stillbirth: Your Stories,”](#) which includes nearly 100 stories from parents who lost their child from stillbirth (must have a subscription) (from **The New York Times**)
- ◆ [“Sadness is Still There. Yet I Know Now I Can Keep Moving Forward. I Have Survived the Worst of Worst Years.”](#) A woman explains the pain of her first daughter being stillborn and describes how she was able to find peace and strength again. (from **Option B**)
- ◆ [“I Needed an Object ...Something Tangible to Affix My Love and Loss To.”](#) A woman shares her story about having two miscarriages and how she was able to find her way back to living. (from **Option B**)
- ◆ [“Maria Has Always Had a Special Place in Our Family and She Always Will.”](#) A mother shares her story about losing her fifteen-month old-daughter to a sudden unexplained death. (from **Option B**)
- ◆ [“It Was Never Truly About a World with or without Kohen. It Was about the 62 Days I Got to Be His Mom.”](#) A woman recounts how her son was born by an emergency C-section and died from heart

failure two months later. (from **Option B**)

- ◆ [“I Don’t Believe Grief Ever Goes Away; It Simply Changes Shape Over Time.”](#) A woman describes how she was affected by her son’s death due to SIDS. (from **Option B**)
- ◆ [“3 Ways to Cope When You and Your Partner Grieve Your Pregnancy Loss Differently”](#) (from **Pregnantish**)
- ◆ Stories of [perinatal loss](#) (from the **Star Legacy Foundation**)
- ◆ [“The Added Pain of Silence After Baby Loss.”](#) A woman describes the heartache she experienced when her son was stillborn, and how her distress was compounded by the silence of others. (from **Still Standing Magazine**)
- ◆ [“Silence is Not Golden: Navigating Non-Grandparent Grief.”](#) A woman who was looking forward to becoming a grandmother recounts how devastated she was when her daughter experienced a miscarriage. (from **Still Standing Magazine**)
- ◆ [“The Pressure of Trying Again After Loss.”](#) A woman describes why the decision to start trying again after the death of your baby is so difficult. (from **Still Standing Magazine**)
- ◆ [“My Babies Died and I Don’t Want More.”](#) A woman who lost her two daughters to a stillbirth and a miscarriage explains that she does not wish to have more children, but plans to nurture, love and comfort others in need of help and support. (from **Still Standing Magazine**)
- ◆ [“When Infertility and Miscarriage Hurt the Child Left Behind.”](#) A mother recounts how her infertility and subsequent miscarriage impacted her seven-year-old daughter, who had been praying for a sibling since she was two years old. (from **Still Standing Magazine**)
- ◆ [“Four Strategies for Finding Joy After Loss.”](#) A woman explains how she was devastated by the death of her stillborn son, and describes how she has been able to bring joy back into her life. (from **Still Standing Magazine**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - [“11 Forums for Miscarriage, Stillbirth & Pregnancy Loss”](#) (from **Cake**)
    - [“6 Popular Stillbirth Support Groups, Forums & Chat Rooms”](#)

- (from **Cake**)
  - A blog post entitled “[10 Popular Grief Support Chat Rooms](#)” (from **Cake**)
  - AA blog post entitled “[Finding Support on a Message Board](#)” (from **Grief Healing**)
- Forums with a Broad Focus
  - AARP's [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
  - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
  - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Miscarriage, Stillbirth/Pregnancy Loss/Neonatal Loss
  - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of an Infant, Child or Grandchild](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grieving.com](#) (Has a section on many types of loss, including [Miscarriage, Stillborn and Infant Loss](#), as well as groups such as [Coping with Loss](#) and [Coping with Holidays](#)) is “a community of people supporting each other.”
  - [Miscarriage, Stillbirth, and Loss of a Child](#) forum. “In the BellyBelly Forums, we encourage the sharing of experiences and stories, which may be personal and private.” (from **Belly Belly**)
  - [Miscarriage / Pregnancy Loss Support](#) forum. “This board is

- for support for those of us currently going through a miscarriage or early pregnancy loss.” (from **The Bump**)
- [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Miscarriage, Stillborn and Infant Loss](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - [Miscarriage Association](#) forum is “a safe, secure and friendly space where you can share thoughts, feelings and experiences relating to miscarriage and pregnancy loss with others who have been through something similar.” It includes a general discussion board, as well as discussion boards on recurrent loss, pregnancy after loss, pregnancy loss and infertility, ectopic pregnancy, molar pregnancy, late loss, and empty arms.
  - [Miscarriage/Pregnancy Loss Support](#), which aims to “make parent’s lives easier by pooling knowledge, advice and support” (from **Mumsnet**)
  - [Miscarriage Support](#) forum is “a safe place for people who need support and people to talk to about their loss.” (from **What to Expect**)
- ◆ Peer Support/Support Groups
    - Articles
      - [“6 Popular Stillbirth Support Groups, Forums & Chat Rooms”](#) (from **Cake**)
      - [“5 Popular Online Miscarriage Support Groups”](#) (from **Cake**)
      - A blog post entitled [“How to Find In-Person Grief Support Groups: Step-By-Step”](#) (from **Cake**)
      - A blog post entitled [“12 Best Free or Affordable Online Grief Support Groups”](#) (from **Cake**)
      - [“How the Grief Experience Affects Us,”](#) which highlights the benefits of peer support (from **Good Grief**)
      - A blog post entitled [“Finding Grief Support That is Right for You”](#) (from **Grief Healing**)
      - A blog post entitled [“Support Groups vs. Individual Counseling”](#) (from **Grief Healing**)
      - A blog post entitled [“Grief Support Groups: What Are the Benefits?”](#) (from **Grief Healing**)



- A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
- “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
- “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
- “[Finding Support](#)” (from **Modern Loss**)
- “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
- “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
- “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out](#).”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via

- Zoom and allow for connection, education and support.”
- [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer "insights from counselors, pastors, and others who have lost a loved one." Grief Share also has in-person groups around the country.
  - [Free Peer-led Virtual Grief Support Groups](#), including loss of anyone grieving the loss of a child, sibling, or extended family member in multiple languages (from **My Grief Angels**)
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). "NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees."
  - [Coping with Grief Group](#). "Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another." (from **Option B**)
- Support Groups: Miscarriage/Stillbirth/Pregnancy Loss/Neonatal Loss
    - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents, and siblings through private Facebook groups focused on [Loss to Miscarriage or Stillbirth](#); [Bereaved LGBTQ Parents with Loss of a Child](#); [Multiple Losses](#), and [Men in Grief](#).
    - [The Compassionate Friends](#) also "offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child."
    - [Facebook](#) offers general grief support groups as well as groups specific to loss of a child, such as "[Grieving Parents Support Network](#)," "[Miscarriage & Pregnancy Loss](#)," [Postpartum Support International](#), and "[Pregnancy Loss, Stillbirth & Miscarriage Support Group](#)."
    - [Support groups](#) for [Sudden Infant Death](#), [Stillbirth and Miscarriage](#). "First Candle's peer-to-peer online support groups are a safe and supportive place for individuals and

their families to share information and experiences surrounding pregnancy and infant loss.” (from **First Candle**)

- Legacy moderates many private [Facebook support groups](#) including [Pregnancy & Infant Loss](#).
- [Miscarriage Association Support Groups via Zoom](#). “We have a number of pregnancy loss support groups, including a new Pregnant After Loss group, meeting via Zoom...anyone affected by pregnancy loss, including partners, is welcome to attend these online meetings.”
- [List of local chapters](#) throughout the United States of SHARE Pregnancy & Infant Loss Support (from **SHARE**)
- [Virtual Support Groups](#) for Bereaved Parents of Perinatal/Neonatal Loss (Padres en duelo por la pérdida perinatal/neonatal en español), Pregnancy After Loss, Parenting After the loss, Dad’s Grief Discussion Group and Coping SUID/SIDS and Infant Death. “Star Legacy Foundation support groups are held virtually via synchronous online video and are encrypted for security. All support group facilitators are trained mental health professionals with first-hand experience and/or practice emphasis in perinatal loss.” (from the **Star Legacy Foundation**)
- Perinatal loss support through their [support line and peer companions](#). “Our support line is staffed by grief counselors who have personal experience with pregnancy and infant loss.” (from the **Star Legacy Foundation**)

❖ **Websites:**

- ◆ [A Heartbreaking Choice](#)
  - “The purpose of a “Heartbreaking Choice” is to offer complete, unconditional support for women who have terminated a much wanted pregnancy due to a poor prenatal diagnosis, a severe or terminal fetal anomaly, a selective reduction, or for the health of the mother.”
- ◆ [Glow in the Woods](#)
  - “Parents of lost babies and potential of all kinds: come here to share the technical, the vividness, the despair, the heart-broken-open, the compassion we learn for others, having been through this mess — and see it reflected back at you, acknowledged and understood.”

- ◆ [Helping After Neonatal Death \(HAND\)](#)
  - Helping After Neonatal Death’s mission is “to help parents, their families, and their healthcare providers cope with the loss of a baby before, during, or after birth.”
- ◆ [The International Stillbirth Alliance \(ISA\)](#)
  - “ISA’s mission is to raise awareness and promote global collaboration for the prevention of stillbirth and newborn death and provision of appropriate respectful care for all those affected.”
- ◆ [Miscarriage Association](#)
  - “Miscarriage is never easy. If you’ve been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information that you’re looking for. We hope that family, friends, colleagues and health professionals will find the site helpful too. We’re here to help you through.”
- ◆ [Postpartum Support International \(PSI\)](#)
  - “The mission of Postpartum Support International is to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide.”
- ◆ [Pregnantish](#)
  - A “safe and supportive place to learn, connect, and share. Here, you’ll have access to great resources, expert advice, inspiration, and motivation as you continue on your journey. This process is too important to go through it alone.”
- ◆ [Return to Zero H.O.P.E.](#)
  - “Return to Zero: HOPE is a non-profit organization engaging a global community of bereaved parents and their health providers to improve mental health outcomes, while also advancing pregnancy and infant loss awareness, education, and support.”
- ◆ [Share Pregnancy and Infant Loss Support](#)
  - Share Pregnancy and Infant Loss Support “is a community for anyone who experiences the tragic death of a baby. We serve parents, grandparents, siblings, and others in the family unit, as well as the professionals who care for grieving families.”
- ◆ [Still Standing Magazine](#)
  - “Still Standing Magazine has been the world’s leading

online voice in breaking the silence on child loss – from conception to adulthood, and infertility. We share stories from around the world of writers surviving the aftermath of loss and grief – and include information on [how others can help.](#)”

- Infertility

- ❖ Resources:

- ◆ [“Infertility,”](#) which discusses the “Effects of Infertility on Individuals and Couples” and “How Can a Marriage and Family Therapist Help?” (from **AAMFT**)
    - ◆ A blog post entitled [“9 Ways to Handle Never Being a Parent, but Not by Choice”](#) (from **Cake**)
    - ◆ A blog post entitled [“Coping with Childlessness”](#) (from **Grief Healing**)
    - ◆ [“What’s the Infertility Journey Like for Non-Carrying Partners?”](#) (from **Healthline**)
    - ◆ [“How Infertility and Depression May Influence Each Other”](#) (from **Healthline**)
    - ◆ [Infertility 101](#) (from **RESOLVE**)
    - ◆ [Helpful Resources and Advice](#) (from **RESOLVE**)
    - ◆ [“30+ Ways Life Sucks After Infertility and Loss”](#) (from **Still Standing Magazine**)
    - ◆ [“7 Reasons We Don’t Talk about Infertility and Miscarriage”](#) (from **Verywell Family**)
    - ◆ [“How to Cope with the Sadness of Infertility”](#) (from **Verywell Family**)
    - ◆ [“15 Signs Infertility Has Hijacked Your Life”](#) (from **Verywell Family**)
    - ◆ [“Depression-Related Infertility Cause and Treatments”](#) (from **Verywell Family**)
    - ◆ [“12 Women Offer Honest, Authentic Infertility Advice”](#) (from **Verywell Health**)
    - ◆ [“8 Ways Infertility Impacts Your Relationship and Ways to Cope”](#) (from **Verywell Mind**)

- ❖ Stories:

- ◆ [“How I’m Coping with My Infertility Grief”](#) (from **Healthline**)
    - ◆ [“The Lasting Trauma of Infertility.”](#) A woman shares her story about her long struggle with infertility, and how it took a toll on her even after becoming pregnant and giving birth. (must have a

subscription) (from **The New York Times**)

- ◆ [“The Infertility Gamble: Go for Broke or Choose When to Walk Away?”](#) (from **Pregnantish**)
- ◆ [“A Look into Secondary Infertility.”](#) A woman describes the heartbreak she has experienced as a result of being unable to conceive a child after previously giving birth. (from **Still Standing Magazine**)
- ◆ [“Infertility – A Turning Point.”](#) A woman who has struggled with infertility conveys that it is not just an issue you can “get past,” it is a “turning point in your life that permanently alters you.” (from **Still Standing Magazine**)
- ◆ [“Infertility Urban Myths.”](#) A woman explains how people struggling with infertility are barraged by others telling them how to get pregnant. (from **Still Standing Magazine**)
- ◆ [“The Pressure of Trying Again After Loss.”](#) A woman describes why the decision to start trying again after the death of your baby is so difficult. (from **Still Standing Magazine**)
- ◆ [“When Infertility and Miscarriage Hurt the Child Left Behind.”](#) A mother recounts how her infertility and subsequent miscarriage impacted her seven-year-old daughter, who had been praying for a sibling since she was two years old. (from **Still Standing Magazine**)
- ◆ [“Baby Shower after Loss or Infertility: Handling the Happiest Invitation at the Saddest Time.”](#) A woman struggling with infertility explains how she learned to handle invitations to baby showers. (from **Still Standing Magazine**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - AA blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums with a Broad Focus
    - AARP's [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who

- have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
- [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
  - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
  - Forums/Chats: Infertility
    - [Apollo Fertility Forum](#) (Has a section on [Infertility and Pregnancy](#))
    - [Infertility forum](#), “a forum for those dealing with infertility and/or undergoing IVF treatment.” (from **The Bump**)
    - [My Fertility Forums](#). “Use our online forums to discuss fertility issues, gain emotional support and share knowledge.”
  - ◆ Peer Support/Support Groups
    - Articles
      - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
      - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
      - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
      - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
      - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
      - A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
      - A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
      - “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
      - “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
      - “[Finding Support](#)” (from **Modern Loss**)



- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’”](#) (from **Psych Central**)
- [“Best Online Grief Support Groups,”](#) an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
  - [Helpline](#). “With the RESOLVE HelpLine, you are NOT ALONE. You can connect with a trained volunteer who has experience with infertility and can help you navigate the resources available to you.”
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as [“Grief Speaks Out.”](#)
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled [“Grief: Releasing Pain, Remembering Love and Finding Meaning”](#) (from **Grief.com**)
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
- Support Groups: Infertility

- [Facebook](#) offers general grief support groups as well as groups specific to infertility, such as “[Infertility Support Group](#)” and “[Fertility Support Group for Women Trying to Conceive and Get Pregnant](#).”
- [RESOLVE](#) has a [Get Help](#) section, which includes the following topics:
  - [Find a Support Group](#). “Peer-led and professionally-led support groups are a safe space to meet others facing similar struggles with infertility and family building.”
  - [Online Support Community](#). RESOLVE has “partnered with Inspire, to connect you with people across the country to have real conversations about reproductive health and bring you support whenever, wherever, online.”

❖ **Websites:**

- ◆ [Pregnantish](#)
  - A “safe and supportive place to learn, connect, and share. Here, you’ll have access to great resources, expert advice, inspiration, and motivation as you continue on your journey. This process is too important to go through it alone.”
- ◆ [RESOLVE](#)
  - RESOLVE: The National Infertility Association, established in 1974, is dedicated to ensuring that all people challenged in their family building journey reach resolution through being empowered by knowledge, supported by community, united by advocacy, and inspired to act.”
- ◆ [Still Standing Magazine](#)
  - “Still Standing Magazine has been the world’s leading online voice in breaking the silence on child loss – from conception to adulthood, and infertility. We share stories from around the world of writers surviving the aftermath of loss and grief – and include information on [how others can help](#).”

● **Loss of a Grandchild**

❖ **Resources:**

- ◆ “[The Grief of Grandparents](#)” (from **American Hospice Foundation**)
- ◆ A blog post entitled “[How to Cope with the Loss of a Grandchild](#)”

(from **Cake**)

- ◆ [“The Grief of Grandparents,”](#) which describes why the grief following the death of a grandchild can be deep, and very intense (from **Compassionate Friends**)
- ◆ [“When Our Grandchild Dies,”](#) a booklet that supports grieving grandparents (from **The Compassionate Friends**)
- ◆ [“When Your Child’s Baby Dies: Support for Grieving Grandparents”](#) (from **Still Standing Magazine**)

❖ **Stories:**

- ◆ [“A Grandparent’s Grief: Make the Hurt Go Away.”](#) A man who lost two granddaughters in a motor vehicle crash describes the painful ramifications for his sons and articulates why the death of a grandchild is so heart wrenching. (from **The Compassionate Friends**)
- ◆ [“Grandmother Shares a Story of Double Loss.”](#) A grandmother recounts how difficult it was to lose a grandson, who was stillborn, and a granddaughter who died shortly after she was born. (from **Open to Hope**)
- ◆ [“Silence is Not Golden: Navigating Non-Grandparent Grief.”](#) A woman who was looking forward to becoming a grandmother recounts how devastated she was when her daughter experienced a miscarriage. (from **Still Standing Magazine**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) ( primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online

community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”

- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Loss of a Grandchild
  - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings who have lost a child. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of an Infant, Child or Grandchild](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - Suicide: Alliance of Hope’s [Community Forum](#) (Has a section [for those who have lost a grandchild as a result of suicide](#)). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
- ◆ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for](#)

- [You](#)” (from **Grief Healing**)
  - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
  - A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
  - A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
  - “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
  - “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
  - “[Finding Support](#)” (from **Modern Loss**)
  - “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
  - “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
  - “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- One-to-One: Loss of a Grandchild
  - [HOPE Mentors](#). In the HOPE Mentor program, “you will be matched with a trained volunteer who is also a bereaved parent, grandparent, or sibling who will connect with you in-

person if they are local to you OR via email, phone, and Skype if not in your area.” (from the **MISS Foundation**)

- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Grandchild
  - Meeting Locator by **The Compassionate Friends** (who support families after a child dies) [nationally](#) and [internationally](#)
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases](#); [Loss of a Child](#); [Loss to Miscarriage or Stillbirth](#); [Miscarriage, Stillbirth, Loss of an Infant Grandchild](#); [Infant and Toddler](#)

[Loss](#); [Loss of a Child 4 -12 Years Old](#); [Loss of a Child 13-19 Years Old](#); [Loss of an Adult Child](#); [Loss of an Only Child/All of Your Children](#); [Loss of a Stepchild](#); [Loss of a Grandchild](#); [TCF SIBS](#); [Loss of a LGBTQ+ Child](#); [Bereaved LGBTQ Parents with Loss of a Child](#); [Multiple Losses](#); [Men in Grief](#); [Daughterless Mothers](#); [Sudden Death](#); [Loss to Substance Related Causes](#); [Sibling Loss to Substance Related Causes](#); [Loss to Suicide](#); [Loss to Homicide](#); [Loss to a Drunk/Impaired Driver](#); [Loss to Cancer](#); [Loss of a Child with Special Needs](#); [Loss to Long-term Illness](#); [Loss After Withdrawing Life Support](#); [Loss to Mental Illness](#); [Finding Hope for Parents Through TCF Siblings](#); [Grandparents Raising their Grandchildren](#); [Bereaved Parents with Grandchild Visitation Issues](#); [Inclusion and Diversity](#); [Grieving with Faith and Hope](#); [Secular Support](#); [Reading Your Way Through Grief](#); and [Crafty Corner](#) (from **Facebook**)

- [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
- [Facebook](#) offers general grief support groups as well as groups specific to loss of a grandchild, such as “[Grieving the Loss of a Grandchild](#).”
- Legacy moderates many private [Facebook support groups](#) including the [Loss of a Family Member](#).
- [Free Peer-led Virtual Grief Support Groups](#), including the Loss of a Sibling, Extended Family Member or Friends in multiple languages (from **My Grief Angels**)
- [Virtual Support Groups](#), including Grandparents Groups. “Star Legacy Foundation support groups are held virtually via synchronous online video and are encrypted for security. All support group facilitators are trained mental health professionals with first-hand experience and/or practice emphasis in perinatal loss.” (from the **Star Legacy Foundation**)



- Loss of a Grandparent

- ❖ Resources:

- ◆ Blog posts such as “[Grief, Dissociation, and Ancestral Worship: Reflecting on My First Lunar New Year without My Grandma](#)” (from **Asian Mental Health Collective**)
- ◆ A blog post entitled “[How to Tell a Child Their Grandparent Died](#)” (from **Cake**)
- ◆ A blog post entitled “[12 Tips for Dealing with the Death of Your Grandmother](#)” (from **Cake**)
- ◆ A blog post entitled “[16 Books for Toddlers About Death, Grief & Illness](#),” which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
- ◆ “[How to Cope After Losing a Grandparent](#)” (from **Choosing Therapy**)
- ◆ “[Loss of a Grandparent](#)” (from **eCondolence**)
- ◆ “[Grieving the Loss of a Grandparent: Best Books for Kids](#)” (from **Eluna**)
- ◆ “[Letter to Grandchild](#)” (from **GriefHaven**)
- ◆ “[Children, Teens and Grief](#),” which features blog posts such as “[Teen Grief: Grandparent’s Death Triggers Unresolved Grief](#)” (from **Grief Healing**)
- ◆ “[31 Thoughtful Children’s Books About Death and Dying](#)” (from **LovetoKnow**)
- ◆ “[The Loss Of A Grandparent To COVID-19](#),” a video interview with Marion Donon, a clinical psychologist and author of a book of the same name, who discusses how to talk with children about the death of their grandparent (from **Open to Hope**)
- ◆ “[Help Children Deal with the Death of a Grandparent](#)” (from **Verywell family**)
- ◆ “[Grieving the Death of a Grandparent](#)” (from **What’s Your Grief?**)

- ❖ Stories:

- ◆ “[Tinsel Eyes](#).” A woman describes the loss of her resilient and enigmatic grandfather shortly after he became ill and was placed into hospice care. (from **Grief Narratives**)
- ◆ “[The Day My World Crumbled](#).” A woman recounts the day she lost her grandmother and the devastating pain

of being too late to say goodbye to her. (from **Grief Narratives**)

- ◆ [“I Forgot to Say a Final Goodbye.”](#) A granddaughter shares her story about the loss of her grandparents. (from **Healthline**)
- ◆ [“Losing Grandma Twice.”](#) A woman shares her story about how she lost her grandma to dementia a decade before she died from pneumonia. (from **Modern Loss**)
- ◆ [“Remembering Grandma as She Really Was.”](#) A woman shares her story about her grandma who had a stroke. (from **Modern Loss**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
    - [Grief in Common](#)
    - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
  - Forums/Chats: Loss of a Grandparent
    - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of a Parent or](#)

[Grandparent](#)), as well as general topics on grief, such as Tributes and Remembrances.

- [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
- ◆ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
    - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
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    - “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
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    - “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
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    - “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
  - One-to-One with a Broad Focus
    - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)

- [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
- [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
- [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
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  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Grandparent
  - Legacy moderates many private [Facebook support groups on loss including Loss of a Family Member.](#)

- [Free Peer-led Virtual Grief Support Groups](#), including dealing with the Loss of a Parent, Guardian or Grandparent in multiple languages (from **My Grief Angels**)
- Loss of a Friend
  - ❖ Resources:
    - ◆ [“How to Cope with Losing a Close Friend to Suicide”](#) (from **Cake**)
    - ◆ A blog post entitled [“Death of a Friend: A Disenfranchised Grief”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“Guilt and Regret Following the Death of a Friend”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“Mourning the Loss of a Friend”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“A Teen Mourns the Death of Her Best Friend.”](#) A 12-year-old girl describes the impact of losing her best friend who died a year earlier. (from **Grief Healing**)
    - ◆ [“Grieving the Death of a Friend”](#) (from **Heal Grief**)
    - ◆ [“How to Cope When You Lose Your Best Friend”](#) (from **Healthline**)
    - ◆ [“31 Thoughtful Children’s Books About Death and Dying”](#) (from **LovetoKnow**)
    - ◆ [“Coping When Your Best Friend Prematurely Ends Their Life”](#) (from **Open to Hope**)
    - ◆ [“When Your Best Friend Dies”](#) (from **What’s Your Grief?**)
  - ❖ Stories:
    - ◆ [“A Teen Mourns the Death of Her Best Friend.”](#) A 12-year-old girl describes the impact of losing her best friend who died a year earlier. (from **Grief Healing**)
    - ◆ [“My Best Friend Unexpectedly Died. Here’s What I Learned About Unrelenting Grief,”](#) a story about processing the grief from an unexpected death (from Huffpost via **Grief Healing**)
    - ◆ [“Of the Lessons Anita Taught Me, the Greatest One Was How to Exit Gracefully, on Your Own Terms.”](#) A woman reflects on the life of her friend who died from lung cancer. (from **Option B**)
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  - Suicide: Alliance of Hope’s [Community Forum](#). (Has a section [for those who have lost a friend as a result of suicide](#)). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
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  - Legacy moderates many private [Facebook support groups](#), including [the Loss of a Friend](#).
  - [Free Peer-led Virtual Grief Support Groups](#) on loss, including the loss of a sibling, extended family or friends in multiple languages (from **My Grief Angels**)
- Loss of a Coworker
  - ❖ Resources:
    - ◆ “[Coping with the Death of a Co-Worker](#)” (from **American Psychological Association**)

- ◆ A blog post entitled “[12 Things You Can Do After a Coworker Dies](#)” (from **Cake**)
- ◆ “[Workplace Grief and Loss: Coping with the Death of a Coworker](#)” (from **Good Therapy**)
- ◆ “[Death of a Co-Worker](#)” (from **OUR HOUSE Grief Support Center**)
- ◆ “[Death of a Co-worker](#)” (from **What’s Your Grief**)
- ❖ **Support:**
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      - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
      - [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
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- ◆ Peer Support/Support Groups

- Articles

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- “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
- “[Finding Support](#)” (from **Modern Loss**)
- “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
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- One-to-One with a Broad Focus

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    - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”
    - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
  - Support Groups: Loss of a Coworker
    - [Free Peer-led Virtual Grief Support Groups](#) for and by people dealing with the loss of a loved one at work in multiple languages (from **My Grief Angels**)

- Loss of a Pet

- ❖ Resources:

- ◆ [“Tips for Healing After Your Beloved Pet Dies”](#) (from **AfterTalk**)
- ◆ [“Pets – What to Do if You or a Loved One Dies and Can No Longer Look After a Pet”](#) (from **At A Loss**)
- ◆ [“A Complete Guide to Pet Cremation & Planning”](#) (from **Cake**)
- ◆ [“What Can You Do with Pet Ashes After Cremation?”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Cope When Your Dog Is Dying: 19 Tips”](#) (from **Cake**)
- ◆ A blog post entitled [“12 Special Ways to Say Goodbye to a Beloved Pet”](#) (from **Cake**)
- ◆ A blog post entitled [“27 Valuable Tips for Coping with a Pet Loss”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Grieve Your Pet After Euthanasia: 13 Tips”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Cope with an Unexpected Pet Loss: Step-By-Step”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Explain the Death of a Pet to a Young Child”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Tell a Child About Putting a Pet Down: Step-By-Step”](#) (from **Cake**)
- ◆ [“Best Pet Loss Books for Adults & Children”](#) (from **Cake**)
- ◆ A blog post entitled [“16 Books for Toddlers About Death, Grief & Illness,”](#) which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
- ◆ [“Helping Yourself Heal When a Pet Dies”](#) (from **Center for Loss & Life Transition**)
- ◆ [“Dealing with the Death of a Pet”](#) (from **Empathy**)
- ◆ [“The First Things to Do After Your Pet Dies”](#) (from **Empathy**)
- ◆ [“Pet Loss,”](#) which includes nearly 100 blog posts “about the grief that accompanies the loss of a cherished animal companion,” such as [“Death of a Pet: Breaking the Sad News,”](#) [“Helping a Child with Pet Loss,”](#) [“Funerals for Pets?,”](#) and [“Memorializing a Pet: Links to Resources”](#) (from **Grief Healing**)
- ◆ [“Pet Loss: How Long Before Adopting Another?”](#) (from **Grief Healing**)
- ◆ [“Pet Loss: Finding Peace After Euthanasia”](#) (from **Grief Healing**)

- ◆ [“Grieving the Death of a Pet”](#) (from **Heal Grief**)
- ◆ [“Coping with Losing a Pet”](#) (from **HelpGuide**)
- ◆ [“31 Thoughtful Children’s Books About Death and Dying”](#) (from **LovetoKnow**)
- ◆ [“How to Care for a Deceased Pet at Home”](#) (from **TalkDeath**)
- ◆ [“Man’s Best Friend: 5 Considerations for Grieving the Loss of a Pet”](#) (from **What’s Your Grief?**)

❖ **Stories:**

- ◆ [“Why Dead Pets Matter,”](#) reflections on the impact of losing a pet, focusing on the family cat who was diagnosed with cancer and had to be euthanized (from **The Guardian**)
- ◆ [“Had My Dog Come Back as a Squirrel?”](#) (from **Modern Loss**)
- ◆ [“Falling in Love Again After Pet-Loss”](#) (from **Open to Hope**)
- ◆ [“Letter to a Dear Pet: One Year After Her Death.”](#) A woman describes the bond she shared with her dog, the dog’s illness, and her difficult decision to put her dog down and say goodbye. (from **Open to Hope**)

❖ **Support:**

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  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - [“18 Popular Pet Loss Forums, Chat Rooms & Hotlines”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
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- [Grief in Common](#)
- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- Forums/Chats: Loss of a Pet
  - [APLB Chat Room](#). “Our trained volunteer pet loss specialists are available to support you when you are grieving the loss of your beloved companion animal or are anticipating a loss. We offer free, scheduled, live sessions on an easy-to-use online group chat platform.” (from **The Association for Pet Loss and Bereavement**)
  - [Grief Healing Discussion Groups](#) offers forums organized by specific bereavement (Has a section on [Loss of a Pet](#)), as well as general topics on grief, such as Tributes and Remembrances.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Loss of a Pet](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - [Pet Loss Support Forum by Chance’s Spot](#). “A pet loss support forum where you can share your loss, post photos and get help from other members.”
  - “[The Pet Loss Grief Support Chat Room](#)” (from **Petloss.com**)
  - [Rainbow Bridge](#) has a [Grief Support Center](#) with a “[Pet Loss Support](#)” Forum and a “[Pet Loss Grief Support Chat Room](#)”
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- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Loss of a Pet
  - [APLB Video Support Groups](#). “The APLB Online Video Support Program is an online group video session hosted by one of our pet loss grief specialists. It is a safe and private place to meet others who are going through a similar loss of a beloved companion animal.” There is a fee. (from **The Association for Pet Loss and Bereavement**)
  - [Pet Loss Support](#), a free virtual group program. The group is led by a trauma and grief counselor. (from the **Anti-Cruelty Society**)
  - [Facebook](#) offers general grief support groups or those who have lost a pet such as “[Grieving My Pet, a Pet Loss Support Community](#),” “[Pet Loss Support Group](#),” and “[The Rainbow Bridge Pet Loss and Grief Support](#).”
  - [Free Peer-led Virtual Grief Support Groups](#) on loss, including the loss of a pet in multiple languages (from **My Grief Angels**)

❖ **Websites:**

- ◆ [Association for Pet Loss and Bereavement \(APLB\)](#)
  - “APLB’s mission is to promote and expand the field of pet loss and grief support by providing direct to pet family support services and resources that honor the human/animal bond. We also provide comprehensive training for professionals in the

veterinary, mental health and pet industry fields with relevant, up-to-date and proven educational tools to advance their knowledge in offering front-line support to grieving families.”

◆ [Chance’s Spot](#)

- “Through education, support and information, our mission is to assist the public in understanding that the grief suffered when a dearly loved pet is lost is a heartfelt example of how genuine the human - animal bond can be.”

◆ [Petloss.com](#)

- Petloss.com is “a gentle and compassionate website for pet lovers who are grieving over the death of a pet or an ill pet. Here you will find personal support, thoughtful advice, The Monday Pet Loss Candle Ceremony, Tribute Pages, healing poetry, the Rainbow Bridge Poem & much more.”

◆ [Rainbow Bridge](#)

- “We at Rainbow Bridge take the death of a pet very seriously. You are not alone with your grief. You will share a bond with those who have also lost a loved pet. Though we can not bring back our loved ones, we do have comfort in knowing they are waiting for us to join them once again at Rainbow Bridge.”

• Cause of Death

❖ **Sudden, Traumatic Losses (Suicide, Homicide, Drug Overdose, Motor Vehicle and Airplane Crashes)**

◆ **Resources:**

- Sudden, Traumatic Losses: General
  - [“Healing Your Traumatized Heart: Seeking Safety, Understanding, and Peace”](#) (from **Center for Loss & Life Transition**)
  - [“Traumatic Grief”](#) highlights the common feelings that someone may feel after a traumatic loss. (from **Cruse Bereavement Support**)
  - [“Dealing with Grief When Loss Is Sudden”](#) (from **Empathy**)
  - A blog post entitled [“Coping with Traumatic Loss: Suggested Resources”](#) (from **Grief Healing**)
  - [“Grief After Traumatic Loss”](#) (from **What’s Your Grief?**)
- Loss of a Loved One to Suicide
  - Information about [“The Survivor Experience”](#) following the loss of a loved one to suicide and features information on:

- [“Emotions and Challenges,”](#) which explains the “most common aspects of suicide grief, from others who have lost loved ones” (from **Alliance of Hope**)
- [“The Grief Journey,”](#) which describes “what people say is normal and what helps” (from **Alliance of Hope**)
- [Blog posts](#) featuring articles such as [“Guilt, Blame and the Complexity of Suicide”](#) and [“In the Aftermath of Suicide, Fear is Normal”](#) (from **Alliance of Hope**)
- [“Letter to the Newly Bereaved.”](#) Guidance for those whose loved ones died by suicide. (from **Alliance of Hope**)
- Sign up for [“Healing Emails for Mothers.”](#) “This series is designed especially for mothers and mother figures who have lost children to suicide. Each email contains wisdom from the survivor community and messages of hope, comfort, and support.” (from **Alliance of Hope**)
- [Processing the Loss of a Loved One Due to Suicide](#) (from **American Foundation for Suicide Prevention**)
- Booklet entitled [“Children, Teens and Suicide Loss,”](#) which provides guidance on “helping young people heal and cope” (from **American Foundation for Suicide Prevention**)
- [“Mental Health Resources for Suicide Survivors,”](#) which describes mental health problems that may impact those who have been bereaved by suicide (from **Anxiety and Depression Association of America**)
- A blog post entitled [“How to Cope with a Parent’s Suicide: 12 Tips”](#) (from **Cake**)
- A blog post entitled [“How to Cope with Losing a Close Friend to Suicide”](#) (from **Cake**)
- A blog post entitled [“Tips for Managing Grief After a Loved One's Suicide”](#) (from **Cake**)
- [“Exploring the Uniqueness of Your Suicide Grief”](#) (from **Center for Loss & Life Transition**)
- [“Helping a Suicide Survivor Heal”](#) (from **Center for Loss & Life Transition**)
- Grief-informed resources for parents to help support children and teens, specifically for [After a Suicide Death](#) (from **Dougy Center**)
- [“Supporting Children and Teens After a Suicide Death”](#) (from

### **The Dougy Center)**

- A blog post entitled “[Surviving a Parent’s Death by Suicide](#)” (from **Grief Healing**)
- A blog post entitled “[Surviving a Spouse’s Death by Suicide](#)” (from **Grief Healing**)
- “[Grieving the Death by Suicide](#)” (from **HealGrief**)
- “[Suicide Grief: Coping with a Loved One’s Suicide](#)” (from **HelpGuide**)
- [Shareable Resources on Suicide Prevention](#) in English and Spanish (from **National Institute of Mental Health**)
- “[When a Sibling Dies by Suicide](#)” (from **Open to Hope**)
- “[Coping When Your Best Friend Prematurely Ends Their Life](#)” (from **Open to Hope**)
- [Keeping Guilt in Its Proper Place: Healing After a Loved One’s Suicide](#)” (from **Our Side of Suicide**)
- “[WHY Grieving a Suicide is So Complicated](#)” (from **Our Side of Suicide**)
- “[Why Didn’t I See the Signs of Suicide](#)” (from **Our Side of Suicide**)
- “[5 Myths about Suicide](#)” (from **Our Side of Suicide**)
- “[After a Suicide: A Practical and Personal Guide for Survivors](#),” a booklet that includes information about the practical logistics immediately following the suicide and the emotional aftermath of suicide bereavement (from **Speaking of Suicide**)
- “[SOS: A Handbook for Survivors of Suicide](#),” a comprehensive guide with information about the “emotional roller coaster” that follows a suicide, suggestions for surviving, coping, and healing after such a loss (from **Speaking of Suicide**)
- Articles such as “[8 Ways to Cope After A Suicide Loss](#),” from a “group of military survivors who lost a loved one to suicide [who] offer some unique suggestions and creative coping skills” (from **Tragedy Assistance Program for Survivors**)
- All Other Sudden, Traumatic Losses
  - A blog post entitled “[How to Cope After Your Child Dies of a Homicide](#)” (from **Cake**)
  - “[Helping Yourself Heal When Someone You Care About Dies of a Drug Overdose](#)” (from **Center for Loss & Life Transition**)

- Grief-informed resources for parents to help support children, specifically for [After a Murder or Violent Death](#) (from **Dougy Center**)
- A blog post entitled “[Surviving a Child’s Homicide](#)” (from **Grief Healing**)
- A blog post entitled “[Surviving a Partner’s Homicide](#)” (from **Grief Healing**)
- “[Teen Grief Following a Fatal Accident](#)” (from **Grief Healing**)
- A blog post entitled “[Traumatic Loss: Surviving a Sibling’s Fatal Accident](#)” (from **Grief Healing**)
- [Supporting Children and Teens After a Homicide or Murder](#) (from **Grief Speaks**)
- Links to information about losing a loved one to [overdose](#) or [suicide](#) (from **Hospice and Community Care**)
- “[Surviving the Grief of an Overdose Death](#)” (from **Love Lives On**)
- “[All of Us Grieve After Mass Shootings](#)” (from **Open to Hope**)
- “[Sibling Grief](#)” due to the murder of their sibling (from **POMC**)
- “[Problems of Survivors](#)” of murdered victims (from **POMC**)
- “[Coping with the Sudden Death of a Child: Keep the Family Bonded and Seek Help for Your Grief](#),” an article that emphasizes the importance of sticking together, seeking professional help, accepting help, finding a support group, and using creative outlets (from **Verywell Family**)
- Support for children, young people and families dealing with [suicide bereavement](#), and [death through homicide](#) (from **Winston’s Wish**)
- “[For Latinx Victims of Gun Violence – Now Including Families in Texas – Grieving Can Be Extra Complicated. Here’s Why.](#)” (from **Yahoo! Life**)

◆ **Stories:**

- **Suicide**
  - “[Men’s Grief – Big Boys Do Cry.](#)” A man whose daughter died by suicide describes how men are expected to hide their emotions, which often come out in unhealthy ways. (from **Alliance of Hope**)
  - “[Beyond Surviving](#),” which has “encouraging words from

- other suicide loss survivors” (from **Alliance of Hope**)
- [“Losing My Husband to Suicide: The First Two Years.”](#) A woman describes what the first two years of her life were like after her husband’s suicide. (from **American Foundation for Suicide Prevention**)
  - [“My Father’s Painted Shoes.”](#) A woman describes the devastating loss of her father to suicide. (from **Grief Narratives**)
  - [“What My Dad’s Suicide Taught Me About Resilience.”](#) A man shares his insights about grief that he learned from his own experience as a result of losing his father to suicide. (from **Modern Loss**)
  - [“He Told Me to Get on with My Life — and Now, I Have.”](#) A woman’s reflections on moving forward after her husband’s death by suicide. (from **Modern Loss**)
  - [“From a Distance.”](#) A sister reflects on a brother’s death by suicide (from **Modern Loss**)
  - [“Joan Rivers and Her ‘Screw You!’ to Suicide”](#) (from **Modern Loss**)
  - [“Grief is a Forever Thing.”](#) The author maintains that in her experience, grief returns in different waves of intensity, but it never fully goes away. (Must have a subscription) (from **The New York Times**)
  - Personal stories of those who lost a loved one to suicide including [“Suicide Survivors: The Ties That Bind Us,”](#) [“Surviving a Loss,”](#) and [“It Begins, Life without My Son”](#) (from **National Alliance on Mental Illness**)
  - [“Suicide, Betrayal and Coming Home.”](#) A woman describes the many ramifications of her husband’s death by suicide and explains what she learned about resilience, healing, and personal growth. (from **Open to Hope**)
  - [“I Have Learned a Lot of Lessons That I Wish That I Knew When I was Twelve.”](#) A man who lost his father to suicide writes a letter to his twelve-year-old self. (from **Option B**)
  - [“In Grief, There’s No Need for Answers.”](#) A woman shares her story about how she coped in the aftermath of her mother’s suicide. (from **Option B**)
  - [“In a Way, This Past Year Has Felt More Isolating Than My First Year as a Member of the 'Dead Mom Club'.”](#) A woman



- describes how she planned her wedding without her mother. (from **Option B**)
- [“It Takes Time, Determination, and the Effort to Reinvent Yourself. You Will Change; It’s Inevitable.”](#) A woman shares her story about her husband’s death by suicide. (from **Option B**)
  - [“In Only 14 years, My Mom Taught Me Everything I Need to Know for My Life.”](#) A woman describes how she was impacted by her mother’s suicide. (from **Option B**)
- Other Sudden Losses
- Homicide
    - [“And I Don’t Want Anyone to Forget About Jesse. He Isn’t ‘Lost.’ He Was Murdered.”](#) A mother shares her story about her son being killed in the Sandy Hook Elementary School shooting. (from **Option B**)
    - [“I Try to Use The Negative Emotions My Kids and I Feel As Motivation to Bring Back Something for My Community.”](#) A woman, whose husband was killed by the police, explains how she talks to high school students about how to behave when in the presence of a police officer. (from **Option B**)
    - [“10 Years after Sandy Hook: One Mother’s Journey Through Grief and Healing.”](#) A mother writes about how everything changed after her son was killed in the Sandy Hook Elementary School shooting and how she and her family survived. (from **The Pulse**)
  - Drug Overdose
    - [“The Memory of Dream.”](#) A man shares his story about the death of his first love to drugs and the tumultuous but intoxicating relationship they had when they were young. (from **Grief Narratives**)
    - [“He Was More Than the Way He Died.”](#) A woman who lost her son to a drug overuse describes how she initially became highly critical of her parenting, but was ultimately able to recognize that she did the best she could. (from **Open to Hope**)
    - [“When a Child Dies of Drug Addiction.”](#) A woman describes the torment she experienced following her son's death from a drug overdose, and how she coped

with it by making positive changes in her life. (from **Open to Hope**)

- Motor Vehicle and Airplane Crashes
  - [“Sudden Loss of Husband, Ron.”](#) A woman writes about the sudden loss of her husband in a motor vehicle accident and how she navigated the aftermath of his death. (from **Forced Joy Project**)
  - [“Loss of Daughter, Izabela.”](#) A woman shares her story about the tragic loss of her 7-year-old daughter in a motor vehicle accident and how she has continued to survive and find joy in the aftermath. (from **Forced Joy Project**)
  - [“Unexpected Death of Fiancé, Virgil.”](#) A woman writes about the sudden death of her fiancé, and the lengths she has journeyed physically and emotionally to cope with her loss. (from **Forced Joy Project**)
  - [“What It’s Like to Lose a Twin.”](#) A woman describes how she was affected by losing her identical twin in a small plane crash. (from **Open to Hope**)
  - [“Finding Peace After the Loss of a Brother.”](#) A woman shares her story about losing her brother in a motor vehicle accident. (from **Open to Hope**)
  - [“It Was a Long Journey Out of the Darkness, But Once I Discovered What My Purpose Was I Began to Heal.”](#) A woman describes how she found hope and transformed her life after losing her brother in a motor vehicle accident. (from **Option B**)
  - [“The Holidays Were Never About Material Things—They Were, and Always Will Be, About Family and Love.”](#) A woman shares her story about how she struggles with the holidays after her dad died in a motor vehicle accident. (from **Option B**)
  - [“The Worst Part is Not Mourning the Loss of What You Did Have, But Mourning the Loss of What You Were Supposed to Have.”](#) A woman describes her journey through grief following the death of her mother in a motor vehicle accident. (from **Option B**)
  - [“Nothing Compares to the Comfort and Care of Someone](#)

[Who Has Been There.](#)” A woman recounts how she lost her fiancé in a plane crash and how she founded a peer grief support group. (from **Option B**)

♦ **Support:**

- Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
    - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
    - [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
    - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - Forums/Chats: Sudden, Traumatic Losses
    - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings. There are sign-up pages for Suicide Loss and Loss to Substance Related Causes.

- [Grief in Common](#) has forums on many different types of loss, including [Loss of Loved One to Violence/Murder](#), [Suicide Loss](#), [Loss from Substance Abuse](#), and [Coping After a Sudden Loss](#). Their Live Chat rooms require a monthly fee.
- Alliance of Hope's [Community Forum](#)). "Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors."
- Peer Support/Support Groups
  - Articles
    - A blog post entitled "[How to Find In-Person Grief Support Groups: Step-By-Step](#)" (from **Cake**)
    - A blog post entitled "[12 Best Free or Affordable Online Grief Support Groups](#)" (from **Cake**)
    - "[How the Grief Experience Affects Us](#)," which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled "[Finding Grief Support That is Right for You](#)" (from **Grief Healing**)
    - A blog post entitled "[Support Groups vs. Individual Counseling](#)" (from **Grief Healing**)
    - A blog post entitled "[Grief Support Groups: What Are the Benefits?](#)" (from **Grief Healing**)
    - A blog post entitled "[Grief Support Groups: Should I Stay or Leave?](#)" (from **Grief Healing**)
    - "[The 10 Best Online Grief Support Groups](#)" (from **Healthline**)
    - "[Online Grief Support Groups to Heal Together](#)" (from **LoveToKnow**)
    - "[Finding Support](#)" (from **Modern Loss**)
    - "[The 9 Best Online Support Groups in 2022](#)" (from **Psych Central**)
    - "[Online Support Groups: 'Help Me Heal Me'](#)" (from **Psych Central**)
    - "[Best Online Grief Support Groups](#)," an article that describes support groups and forums (online discussion

sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)

- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- One-to-One: Sudden, Traumatic Losses
  - [Healing Conversations: Personal Support for Survivors of Suicide Loss](#) gives survivors of suicide loss the opportunity to speak with volunteers, who are themselves suicide loss survivors. (from American Foundation for Suicide Prevention via **Speaking of Suicide**)
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out](#).”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions

that offer "insights from counselors, pastors, and others who have lost a loved one." Grief Share also has in-person groups around the country.

- [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**). "NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees."
- [Coping with Grief Group](#). "Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another." (from **Option B**)
- o Support Groups: Sudden, Traumatic Losses
  - Legacy moderates many private [Facebook support groups](#) including [Loss of a Veteran](#), [Addiction Loss](#), and [Suicide Loss](#).
  - [Support groups](#) organized by location and predominantly focused on loss from suicide (from **American Foundation for Suicide Prevention**)
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to Substance Related Causes](#); [Sibling Loss to Substance Related Causes](#); [Loss to Suicide](#); [Loss to Homicide](#); and [Loss to a Drunk/Impaired Driver](#); (from **Facebook**)
  - [The Compassionate Friends](#) also "offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child."
  - [Facebook](#) offers general grief support groups as well as groups specific to the cause of death, such as "[HOPE ASAP - Grief Support After Substance Addiction Loss](#)"
  - [Grief Support for Suicide Loss Survivors](#). "Offering a place to turn when the worst has happened." (from **SAVE**)
  - [Support Group for Suicide Loss Survivors](#). "The meetings are run as peer support groups and facilitated by trained facilitators. They offer an opportunity for participants to

focus on and express their thoughts, feelings, challenges, and difficulties in coping with the loss. The atmosphere is supportive, non-judgmental, and confidential.” (from

**South Asian Mental Health Initiative & Network**)

- [Support Group Meetings](#). “We provide a variety of peer support services that comfort, encourage and educate those in grief from a suicide loss.” (from **Friends for Survival**)
- [SOLOS: Spouse-Partner Loss Group](#) (from Facebook via **Speaking of Suicide**)
- [Tragedy Assistance Program for Survivors](#), who care “for the families of American’s Fallen Heroes” (from **Tragedy Assistance Program for Survivors**)

❖ **Websites:**

- ◆ Due to Suicide
  - [Alliance of Hope](#)
    - Alliance of Hope “provide[s] healing and compassionate support during the lonely and tumultuous aftermath of suicide. We help people survive suicide loss, and go beyond ‘just surviving,’ to lead meaningful and productive lives.”
  - [American Association of Suicidology](#)
    - The American Association of Suicidology’s mission is “to promote the understanding and prevention of suicide and support those who have been affected by it.”
  - [American Foundation for Suicide Prevention](#)
    - “Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education, and advocacy to take action against this leading cause of death.”
  - [Friends for Survival](#)
    - “Friends for Survival is not just a support group, but a ‘suicide bereavement support program.’ A program that offers a variety of services on a long-term basis to meet the complicated needs of families.”
  - [Heartbeat Survivors After Suicide](#)
    - Heartbeat Survivors After Suicide is “a peer support group offering empathy, encouragement, and direction following the suicide of a loved one.”



- **Our Side of Suicide**
    - Our Side of Suicide co-founders Jessica and Becky lost their fathers to suicide within five months of each other. “Both had the desire to elevate the discussion about suicide in an attempt to give a voice to those seeking support and encouragement.”
  - **SAVE**
    - SAVE’s mission is “to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.”
  - **Speaking of Suicide**
    - Speaking of Suicide is “for suicidal individuals and their loved ones, survivors, mental health professionals, & others who care.”
  - **The Trevor Project**
    - “The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.”
  - **Willow House**
    - “The mission of Willow House is to provide grief support and education for youth, families, schools, and other communities grieving the death of a parent, sibling, or child. Our free services are where hope lives and healing begins, providing space for people to grieve in companionship with others who share a similar loss. Our vision is that no child, teen, or parent grieves alone.”
- ◆ Due to Other Sudden Losses
- **Access**
    - “It is the mission of ACCESS to facilitate the grieving process of people who have been affected by or involved in air disaster-related tragedies by partnering those who have survived or lost loved ones in air disasters with professionally trained volunteers who have experienced similar tragedies in years past.”
  - **Mothers Against Drunk Driving (MADD)**
    - “The mission of Mothers Against Drunk Driving (MADD) is to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage

drinking.”

- [POMC - Parents of Murdered Children, Inc.](#)
  - “The National Organization of Parents of Murdered Children makes the difference through ongoing emotional support, education, prevention, advocacy, and awareness.”
- [Sudden](#)
  - “Our mission is to ease the suffering of people bereaved by any kind of sudden or too-soon death.”
- [Survivor Resources](#)
  - “Survivor Resources is dedicated to “helping families not only affected by homicide, but other violent, unexpected incidents including suicide, accident and overdose death.”
- [Grief Recovery After a Substance Passing \(GRASP\)](#)
  - “Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.”
- [Concerns of Police Survivors](#) (Families of law enforcement officers killed in the line of duty)
  - “Each year, between 140 and 160 officers are killed in the line of duty and their families and co-workers are left to cope with the tragic loss. C.O.P.S. provides resources to help them rebuild their shattered lives.”
- [National Fallen Firefighters Foundation](#)
  - The National Fallen Firefighters Foundation’s mission is “to honor and remember America’s fallen fire heroes and to provide resources to assist their families in rebuilding their lives and work within the fire service community to reduce firefighter deaths and injuries.”
- [Tragedy Assistance Program for Survivors \(TAPS\)](#)
  - The Tragedy Assistance Program for Survivors (TAPS) “provides comfort, care and resources to all those grieving the death of a military loved one.”

❖ **Losses Resulting from Illness**

◆ **Resources:**

- [“Family Caregiving Doesn’t End When the Recipient Dies”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Anger May Fade to Sadness and Regrets After Caregiving](#)

- [Ends](#)” in [English](#) and [Spanish](#) (from **AARP**)
- [“What to Know at the Beginning of Your Caregiving Journey”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Waiting to Be a Widow: What Every Woman Should Know”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Advocating for a ‘Good Death’](#),” which emphasizes the importance of discussing end-of-life wishes early on, because this can make the final days easier for everyone. Available in [English](#) and [Spanish](#) (from **AARP**)
- [“How to Start a Conversation about End-of-Life Care”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Helping Children Prepare for the Loss of a Loved One”](#) (from **Cancer Care**)
- A blog post entitled [“16 Must-Read Books for Caregivers”](#) (from **Cake**)
- A blog post entitled [“16 Books for Toddlers About Death, Grief & Illness,”](#) which includes a list of books about the death of a parent or grandparent, the death of a sibling and the death of a pet (from **Cake**)
- [“Coping with the Loss of a Parent with Cancer as a Young Adult”](#) (from **Cancer Care**)
- [“Counseling to Better Cope with Grief and Loss”](#) (from **Cancer Care**)
- [“Helping Children Prepare for the Loss of a Loved One”](#) (from **Cancer Care**)
- [“Helping Teenagers Who Have Lost a Parent”](#) (from **Cancer Care**)
- [“How Survivors Can Cope with Grief After Cancer”](#) (from **Cancer.Net**)
- A blog post entitled [“Grief and/or Gratitude? Choosing Your Truth in the Cancer Experience”](#) (from **Cancer. Net**)
- [“How to Say Goodbye to a Loved One When You Don’t Know What to Say”](#) (from **CaringBridge**)
- [“Thoughtful Advice for Rebuilding Your Life After Caregiving”](#) (from **CaringBridge**)
- [“15 Best Books for Caregivers”](#) (from **CaringBridge**)
- [“12 Top Books for Caregiver Advice and Support”](#) (from **DailyCaring**)
- [Resources for Living with Advanced Serious Illness](#) offers ways

to support kids and families when a family member is living with an advanced serious illness (from **Dougy Center**)

- [“Grieving Death Following a Long-Term Illness”](#) (from **eCondolence**)
- A blog post entitled [“After Caregiving Ends, Who Am I?”](#) (from **Grief Healing**)
- A blog post entitled [“Helping Children Cope with a Parent's Serious Illness”](#) (from **Grief Healing**)
- [“When Grief Feels Like Relief”](#) (from **Hospice Foundation of America**)
- [“How to Help a Dying Spouse”](#) (from **Open to Hope**)
- [“Grieving the Loss of Someone Who Is Still Alive”](#) (i.e., someone who has a poor prognosis or someone we have lost due to a “falling out”) (from **Supportiv**)
- [“The Paradoxical Grief of Anticipated Sudden Death,”](#) which explains how an anticipated death, such as death resulting from serious illness, can nonetheless be completely shocking when it arrives. (from **What’s Your Grief?**)

◆ **Stories:**

- COVID-19
  - [COVID in Black Communities](#). Listen to stories from Black Americans who lost a loved one to COVID-19. (from **Andrea Ellen Reed**)
  - A podcast entitled [“Grief Out Loud,”](#) which is described as “a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals”; for example, [“Splintering Grief - DJ Arsene Versailles & Marked By COVID,”](#) [“More Than Just A Number – Grieving When Someone Dies Of COVID-19,”](#) and [Widowed by COVID-19”](#) (from **Dougy Center**)
  - [“The ‘Grief Pandemic’ Will Torment Americans for Years,”](#) a story detailing how one woman’s death from COVID-19 had a profound impact on her family (from **PBS News Hour**)
- Cancer
  - [“Your Stories” Podcast: Amplifying Patient Voices](#) (from **Cancer.Net**)
  - [“Sudden Loss of Husband, Ilya.”](#) A woman shares her story about the death of her husband to cancer, and what it was

- like navigating his diagnosis, treatment, and death during the pandemic. (from **Forced Joy Project**)
- [“Loss of Husband, Michael, to Advanced Bowel Cancer.”](#) A woman explains what it was like to navigate the loss of her husband while also dealing with her own terminal cancer. (from **Forced Joy Project**)
  - [“Loss of Mom, Nancy, to Cancer.”](#) A man describes how he was impacted by the loss of his mother after her diagnosis of cancer. (from **Forced Joy Project**)
  - [“Loss of Twin, Brad Frost.”](#) A man reflects on the loss of his 35-year-old twin brother just one hundred days after his diagnosis with a rare form of kidney cancer. (from **Forced Joy Project**)
  - [“Grief is Love.”](#) A woman, who lost her mom to cancer, explains that in her opinion, grief is really just another form of love. (from **Grief Narratives**)
  - [“Tinsel Eyes.”](#) A woman describes the loss of her resilient and enigmatic grandfather shortly after he became ill and was placed into hospice care. (from **Grief Narratives**)
  - [“After My Daughter’s Death, on Guilt and Apologies.”](#) A man describes the survivor’s guilt that he and his wife experienced in the wake of losing their six-year-old daughter to brain cancer (from **Modern Loss**)
  - [“As My Mother Lay Dying.”](#) A woman describes the final moments she spent with her mother just before she died in hospice care. (from **Open to Hope**)
  - [“Pre-Grieving: An Early On-Ramp to One’s Grief Journey.”](#) A man who served as a caregiver for his wife describes how his grief prior to her death accelerated his desire to rebuild what remained of his life. (from **Open to Hope**)
  - [“Soldier On: When Hope Is Fading.”](#) A man who served as his wife’s caregiver describes the difficulties he experienced prior to her death from ovarian cancer and explains how he was able to move forward with his life. (from **Open to Hope**)
  - [“Helping Other Families Gives Us a Focus Beyond Our Own Pain.”](#) A couple share their story about how they have reached out to other families following the loss of their daughter to brain cancer. (from **Option B**)

- [“I Picture Grief as a Vat Full of Tears Hidden Behind an Opaque Wall.”](#) A woman finds help in a grief counseling group after her father’s death from cancer and her brother’s tragic unexpected death. (from **Option B**)
- [“Sharing Stories About Tony Helps Me to Cope with His Death. It’s a Way to Honor the Man That He Was.”](#) A woman processes her grief by sharing stories about her brother, who died from leukemia, and by letting herself miss him. (from **Option B**)
- [“Even Though I Expected It, You Can Never Prepare Yourself for When It Happens.”](#) A man reflects on his life with his partner who died from throat and neck cancer. (from **Option B**)
- [“Gemma’s Story.”](#) A girl shares her story about her younger brother who died from acute myeloid leukemia. (from **Sibling Support**)
- [“Callum’s Story.”](#) A man describes his experience of losing his older brother to cancer when he was just 12 years old (his brother was 14). (from **Sibling Support**)
- Other Illnesses
  - [“Grieving the Loss of a Mother to Alzheimer’s”](#) (from **AfterTalk**)
  - A blog post entitled [“Donna: Why I Walk to End Alzheimer’s”](#) (from **Alzheimer’s Association**)
  - [“Heart Attacks & Grieving a Sudden Loss”](#) (from **Crossroads Hospice**)
  - [“Loss of Husband, Chris, to Cardiac Arrest.”](#) A woman recounts her struggle following the death of her husband, who went into cardiac arrest and spent 11 months in a coma before he died. (from **Forced Joy Project**)
  - [“My Birthday, Alzheimer’s, Covid, Grief, Loud Music, and a Reality Check.”](#) The author writes about the flooding feelings of grief she experienced on her birthday for the mother who no longer existed due to severe cognitive decline from Alzheimer’s. (from **Grief Narratives**)
  - [“The Day Our Lives Changed Forever.”](#) A woman reflects on the loss of her husband, who suffered a blood clot that caused him to bleed into his brain, and the difficult decision the family had to make to let him go. (from **Grief**)

## Narratives)

- [“The Terrible Nature of Alzheimer’s: Grieving for Someone Who’s Still Alive.”](#) A woman describes how she is grieving the loss of her relationship to her mom, who has Alzheimer’s disease. (from **Healthline**)
- [“Losing My Mom to Alzheimer’s, Then Finding Her Again.”](#) A woman reflects on losing her mom to Alzheimer’s, and how she is able to remember her the way she was. (must have a subscription) (from **The New York Times**)
- [“Remembering Grandma as She Really Was.”](#) A woman shares her story about her grandma who had a stroke. (from **Modern Loss**)
- [“Losing Grandma Twice.”](#) A woman shares her story about how she lost her grandma to dementia a decade before she died from pneumonia. (from **Modern Loss**)
- [“My Friends’ Love and Support Got Me Through It.”](#) A man explains how the love and support from friends helped him get through his mother’s death from Multiple Sclerosis (MS). (from **Option B**)
- [“There Will Never Be a Day, a Memory, or a Moment As Revered As Picking March Flowers in February with My Dad.”](#) A woman described her story about she documented her father’s decline from ALS. (from **Option B**)
- [“There Was Nothing Worse Than Watching My Parents Struggle with Their Own Grief, and Being Afraid to Bother Them with Mine.”](#) A woman describes how her relationship with her parents was affected by losing her baby brother to a rare disease. (from **Option B**)
- [“When People Show Signs of Giving Up, That’s Actually When They Need You the Most.”](#) A man reflects on his sister’s life struggling with anorexia, and ultimately dying from it. (from **Option B**)
- [“There Was No Making This Better. Neither of Us Wanted That.”](#) A couple tries to find their way after their son died from a sudden cardiac arrest. (from **Option B**)
- [“Molly Researches Condition that Her Brother Died From.”](#) A woman describes how she was driven to learn more about the loss of her brother from a rare heart condition. (from **Sibling Support**)



◆ **Support:**

▪ **Forums**

○ **Articles**

- [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
- A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
- A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)

○ **Forums with a Broad Focus**

- AARP’s [Grief & Loss Forum](#) (primarily for seniors). “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
- [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
- [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).

○ **Forums/Chats: Losses Resulting from Illness**

- [ALZ Connected](#), “a free online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support, and create public and private groups around specific topics.”
- [Grief in Common](#) has forums on many different types of loss, including [Loss to COVID-19](#), and [Coping After a Sudden Loss](#), [Finding it Difficult to Move Forward](#), [Life](#)

[After Caregiving](#); and [Dealing with Multiple Losses](#). Their Live Chat rooms require a monthly fee.

- [Grieving.com](#) (Has many sections on types of loss, including losses resulting from illness - [Coping with Terminal Illness & Upcoming Death](#) and [Caregiving and Grieving](#), as well as groups such as [Coping with Loss](#) and [Coping with Holidays](#)) is “a community of people supporting each other.”
- Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
    - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
    - “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
    - “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
    - “[Finding Support](#)” (from **Modern Loss**)
    - “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
    - “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
    - “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)

- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - [Free Peer-led Virtual Grief Support Groups](#), including loss of anyone grieving the loss of a child, sibling, spouse, parent, or extended family member in multiple languages (from **My Grief Angels**)
  - [Support Groups](#) and links to [local chapters](#) (from **National**)

**Alliance on Mental Illness**). “NAMI support groups are peer-led and offer participants an opportunity to share their experiences and gain support from other attendees.”

- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Losses Resulting from Illness
  - [Alzheimer’s Association](#) offers “support groups for caregivers and individuals living with Alzheimer's or other dementia. All support groups are facilitated by trained individuals. Both in-person and virtual support groups are offered.”
  - [CancerCare](#) has [free online support groups](#) led by oncology social workers: [Loss of a Parent Support Group](#); [Loss of an Adult Child](#); [Spouse/Partner’s Bereavement Support Group](#); [Young Adults Who Have Lost a Loved One Support Group](#); [Young and Middle Adult Loss of a Spouse/Partner](#); and [Healing with Words — A Therapeutic Writing Group for Grief](#).
  - [Caregivers Connect](#), a Facebook Group “created to bring a voice to family caregivers, and related care-industry professionals, who are caring for a parent, spouse, or loved one.”
  - [Caring for Elderly Parents](#), a Facebook Group that provides worldwide support for those caring for aging or elderly parents.
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases](#); [Loss to Cancer](#); [Loss of a Child with Special Needs](#); [Loss to Long-term Illness](#); [Loss After withdrawing Life Support](#); and [Loss to Mental Illness](#) (from **Facebook**)
  - [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each

other emotional support after the devastating death of a child.”

- [Facebook](#) offers general grief support groups as well as groups specific to the cause of death, including [COVID-19 Loss Support for Family and Friends](#).
- [Memory People](#), a Facebook Group that provides support and awareness for those dealing with Alzheimer’s and memory impairment. It is not led by Professionals.
- [Working Daughter](#), a Facebook Group that provides a space for people “balancing caring for an aging parent with their career and rest of their life.”

◆ **Websites:**

- [Alzheimer’s Association](#)
  - “The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.”
- [Alzheimer Society of Canada](#)
  - The Alzheimer Society of Canada’s mission is “to alleviate the personal and social consequences of Alzheimer’s and related diseases and to promote the search for causes, treatments and a cure.”
- [Cancer Care](#)
  - “CancerCare is the leading national organization dedicated to providing free, professional support services including [resource navigation](#), [counseling](#), [support groups](#), [educational workshops](#), [publications](#) and [financial assistance](#) to anyone affected by cancer. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.”
- [Cancer.Net](#)
  - “Cancer.Net ([www.cancer.net](http://www.cancer.net)) -- brings the expertise and resources of ASCO to people living with cancer and those who care for and care about them. Well-informed patients are their own best advocates and invaluable partners for physicians. Cancer.Net provides timely, comprehensive information to help patients and families make informed

health care decisions. Cancer.Net is supported by Conquer Cancer® The ASCO Foundation.”

▪ [CaringBridge](#)

- CaringBridge’s mission is “to build bridges of care and communication providing love and support on a health journey.”

▪ [COVID Grief Network / Reimagine](#)

- “COVID Grief Network “has a new home under Reimagine, a community-driven nonprofit dedicated to transforming the world by facing loss, death, and adversity together.”

▪ [COVID Survivors for Change](#)

- “COVID Survivors for Change is a non-partisan nationwide community of people who have been directly impacted by COVID. We share our stories, support each other, and advocate for a stronger pandemic response to save the lives of others.”

▪ [DailyCaring](#)

- “DailyCaring is here to support the 43.5 million family caregivers who care for someone 50+ years of age. We’re also here for the 14.9 million people who care for someone living with Alzheimer’s disease or dementia. We’re perfect for family caregivers who need practical solutions for day-to-day challenges, help with important care decisions, and advice on how to plan for the future.”

▪ [Dementia.org](#)

- Their mission is “helping to improve everyone's physical and mental well-being.”

▪ [Hidden Pain](#)

- “Hidden Pain is a platform to honor the stories of children that have lost a caregiver to COVID-19, and provide resources to help them and their families as they rebuild and look to the future. We’re bringing together community organizations, grief groups, government resources, and more to surround these families with a comprehensive network of support. By strengthening the system to support these children and families, we will be helping all children and families who have experienced loss.”

▪ [Sudden](#)

- “Our mission is to ease the suffering of people bereaved by

any kind of sudden or too-soon death.”

## Underserved Populations

- African American/Black
  - ❖ **Grief and Mental Health Resources:**
    - ◆ [“African-Americans and Grief”](#) (from **AfterTalk**)
    - ◆ [ADAA resources specific to the Black community](#) (from **Anxiety and Depression Association of America**)
    - ◆ [“Black Americans Experience Collective Trauma, Grief,”](#) an article that describes the collective sense of loss that is experienced by many Black Americans (from **AP News**)
    - ◆ [Autistic People of Color Fund](#). The Fund for Community Reparations for Autistic People of Color’s Interdependence, Survival and Empowerment “practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color.” (from **Autism and Race**)
    - ◆ [Real Talk: Black Minds Matter](#), a bi-monthly podcast providing an “unapologetically Black space for those who work with marginalized communities across the United States and the world” (from **The Black Mental Health Alliance**)
    - ◆ [Black Disability Collective](#), an online community space dedicated to uplifting and advocating for Black disabled lives
    - ◆ [Black Men Speak and Men of Color](#), host of open-mic nights where Black men share their stories of mental illness through spoken word poetry and song (from **Black Men Speak**)
    - ◆ [Black Mental Wellness](#) aims to decrease mental health stigma in the Black community by providing access to evidence-based information and resources about mental health “from a Black perspective.”
    - ◆ [The Bradley Angle Healing Roots Program](#), a program that provides resources that offer healing and connection for Black survivors of domestic abuse. They provide a 24-hour crisis line at **503-235-5333**. (from **Bradley Angle**)
    - ◆ [“The Burden of the Black Mother,”](#) an article describing the pressures placed on Black mothers to express their grief



- publicly and thus provide a call to action (from **THE CUT**)
- ◆ A podcast entitled “[The Realities of Black Grief](#)” (from **Dougy Center**)
  - ◆ “[A Growing List of Black Mental Health Resources](#),” an article with region-specific resources for the Black community (from **Ebony**)
  - ◆ “[What is Black Joy, and How is It Connected to Juneteenth?](#)” (from **Everyday Health**)
  - ◆ “[How Black Joy Helps Me and My People Hold Our Collective Grief](#)” (from **Everyday Health**)
  - ◆ **The Healing CHI**, a resource based in Chicago, launched as a weekly yoga and fellowship session, that's now a nonprofit whose goal is to "change the narrative around male vulnerability"
  - ◆ Racism and mental health information in articles such as “[How to Recognize and Cope with Racial Trauma](#)” and “[Access to Mental Healthcare Is Harder for Black Americans. Here’s Why](#)” (from **Healthline**)
  - ◆ “[Racism and Mental Health](#),” an article that discusses the “heavy emotional toll” of racial discrimination and injustice and highlights “ways to strengthen your resilience and protect your mental health” (from **HelpGuide**)
  - ◆ “[How People of Color Can Experience Grief Differently from White People](#)” (from **HUFFPOST**)
  - ◆ **Transparent Black Guy**, an online community working to destigmatize the mental health of Black men through their social media which includes witty commentary, photography, and art centered on Black people and mental health resources (from **Instagram**)
  - ◆ **Just Healing Resource Site**, which centers around aiding BIPOC communities who are fighting for justice against oppression. (from **Just Healing**)
  - ◆ **Crisis Line for Racial Equity Support**. This service line is dedicated and staffed by BIPOC, providing emotional support for those experiencing racism. Call 503-575-3764 Monday to Friday from 10:00 AM to 7:00 PM PST. (from **Lines for Life**)
  - ◆ **Mental Health Resources for Black, Indigenous and People of Color (BIPOC)** (from **Massachusetts General Hospital**)
  - ◆ Overview of mental health issues and links for support affecting **Black, Indigenous People, and People of Color (BIPOC)** (from **Mental Health America**)

- ◆ [“Mental Health and Hip-Hop: An Undeniable Super Team for Healing & Wellness”](#) (from **Mental Health America**)
- ◆ [BIPOC Mental Health Resources](#) provides mental health resources for various marginalized communities (Black, Asian American, Indigenous, LGBTQIA+, Latin American) (from the **Mental Health Coalition**)
- ◆ [“Identity and Cultural Dimensions: Black/African American,”](#) an article that provides information on the prevalence of mental illness in the Black/African American community, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)
- ◆ [Brother, You’re on My Mind](#), a public-private initiative to raise awareness of the mental health challenges associated with depression and stress affecting Black men and their families. (from **The National Institute on Minority Health and Health Disparities**)
- ◆ [“More Black Men Are Seeking Help to Manage Their Grief”](#) (from **Next Avenue**)
- ◆ [“5 Essential Reads on African American Deathways and Death Work.”](#) The author describes five books that she regards as central for understanding the African death and mourning experience in America. (from **The Order of the Good Death**)
- ◆ [Ourselves Black Podcast](#), a podcast centered on mental health illness and treatment related to issues affecting communities of color (from **Ourselves Black**)
- ◆ [“Grief and the Black Mother,”](#) an article that describes “the experiences of mourning Black women through the years” (from **Psych Central**)
- ◆ [“What Does Systemic Racism Have to Do with Grieving a Loved One”](#) (from **Refuge in Grief**)
- ◆ [“Grieving in the BIPOC Community,”](#) which highlights black infant and maternal mortality (from **RTZ Hope**)
- ◆ [The Quick Tip Podcast with Sista Afya](#), a podcast that discusses the mental health of Black women including reflections, tips, and actions that can be taken to support mental wellness (from **Sista Afya**)
- ◆ [“7 Elements of African-American Mourning Practices and Burial Traditions”](#) (from **TalkDeath**)
- ◆ [“Supporting Black LGBTQ Youth Mental Health”](#) (from **The Trevor**)

### Project)

- ◆ [Anti-Racism Resources](#) has links for Black, Indigenous, and People of Color (BIPOC) to engage in self-care (from **UCSF Department of Psychiatry and Behavioral Sciences**)
- ◆ [“Self-care Tips for Black People Who are Really Going Through It Right Now”](#) (from Vice via **UCSF Department of Psychiatry & Behavioral Sciences**)
- ◆ [“Mental Health Resources for the Black Community”](#) (from **Verywell Mind**)
- ◆ [“Systemic Racism Takes a Toll on BIPOC Mental Health”](#) (from **Verywell Mind**)
- ◆ [“Grief is a Social Justice Issue,”](#) which offers links “focusing on black grief and mourning, sharing resources by primarily black people” (from **What’s Your Grief?**)
- ◆ **YBMen Project**. This is an educational and social support program for young Black men, teaching the strategies that influence and shape young Black men’s ideas and experiences with mental health.

### ❖ Stories:

- ◆ [“A Mother’s Tears: Contemplating Black Grief.”](#) A Black mother and survivor of sibling loss, who is also a pediatrician, explores the grief of Blacks given the continual losses they experience. (from **Annals of Family Medicine**)
- ◆ [“Black Lives Matter. Black Grief Matters,”](#) an article that discusses the importance of stories and provides links to memoirs by Black authors (from **Modern Loss**)
- ◆ [“I Have to Keep Going for the Kids, but More Than That, I’m Sustained by the Thought That I Mustn’t Let George Down.”](#) A woman shares her story about her desires to live up to the goals that she and her husband set prior to his death. (from **Option B**)
- ◆ [“The Unbearable Grief of Black Mothers.”](#) A woman describes the emotional and physical burden of grief on Black mothers’ bodies. (from **Vox**)

### ❖ Support:

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)

- A blog post entitled “[10 Popular Grief Support Chat Rooms](#)” (from **Cake**)
- A blog post entitled “[Finding Support on a Message Board](#)” (from **Grief Healing**)
- Forums with a Broad Focus
  - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
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  - [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
  - [Grief in Common](#) (has an [Updates, Questions and Answers](#) section). Their Live chat rooms require a monthly fee.
  - Suicide: Alliance of Hope’s [Community Forum](#)
  - [The Compassionate Friends](#) offers live, online chats and private Facebook groups for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
- Forums: African American/Black
  - [Young People of Color](#), an online support community for young people of color that includes daily check-ins, celebrations, icebreakers, and Q&As.
- ◆ Peer Support/Support Groups
  - Articles

- A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
- A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
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    - [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
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    - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
    - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
    - Legacy moderates many private [Facebook support groups](#). These include loss of a [parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss](#), and [pet loss](#). (from **Legacy**)
    - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)

- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: African American/Black
  - [“Black Women Widows Empowered – Life Support Group: A Safe Place for Widows”](#) (from **Facebook**)
  - [BIPOC Only Recovery Dharma](#). A virtual support group for BIPOC in recovery that is inspired by Buddhist techniques. (from **recoverydharma.online**)

#### ❖ Therapy:

- ◆ Articles About Therapy in General
  - [“What is Grief Counseling? Techniques and How it Helps,”](#) an article which describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)
  - An article entitled [“Will Medicare Cover Grief Counseling?”](#) which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
  - [“What are the Different Types of Therapy,”](#) which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and eye movement desensitization and reprocessing (EMDR) (from **Anxiety & Depression Association of America**)
  - [“Types of Mental Health Care Professionals,”](#) an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
  - [“10 Ways to Find Free or Low-Cost Grief Counseling Near You”](#) (from **Cake**)
  - A blog post entitled [“9 Best Online Therapy & Counseling Services”](#) (from **Cake**)
  - A blog post entitled [“What’s the Purpose of Grief Counseling? And What’s It Like?”](#) (from **Cake**)
  - A blog post entitled [“What’s Grief Coaching? Programs, FAQs +](#)



[More](#)” (from **Cake**)

- [“Grief Counseling: How it Works, What it Costs, & What to Expect”](#) (from **Choosing Therapy**)
- [“Finding Professional Help for Grief”](#) (from **Empathy**)
- [“How to Choose a Therapist”](#) (from **Farewelling**)
- [Explore Therapy](#), with information about therapy, such as [“Therapy Modes,”](#) [“The Elements of Good Therapy,”](#) and [“Common Therapy Issues”](#) (from **GoodTherapy**)
- [“Learn About Free Counseling and Affordable Therapy Options,”](#) an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)
- A blog post entitled [“When Counseling Isn’t Helping”](#) (from **Grief Healing**)
- A blog post entitled [“Are You Reluctant to Seek Counseling for Grief?”](#) (from **Grief Healing**)
- [“Understanding Therapy for Grief and How It Can Help”](#) (from **Healthline**)
- [“The Best Affordable or Free Online Therapy Services of 2023”](#) and [“Therapy for Every Budget: How to Access It”](#) (from **Healthline**)
- [“When Do I Seek Professional Help?”](#) (from **Hospice Foundation of America**)
- A list of [“Frequently Asked Questions”](#) such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
- [“How to Find the Right Therapeutic Support”](#) (from **Modern Loss**)
- A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
- [“Choosing the Right Therapist for Your Child,”](#) which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
- [“The 10 Best Affordable Therapy Options for 2023”](#) (from **PsychCentral**)
- [“30 Reasons You May Need a Grief Therapist”](#) (from **Psychology Today**)
- [“How to Find the Right Therapist for You”](#) (from **Real Simple**)
- [“15 Things to Look for in a Therapist”](#) (from **U.S. News**)

- [“Grief Counseling for Children,”](#) which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
  - [“Best Online Therapy Services of 2023,”](#) which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
  - [“10 Best Mental Health and Therapy Apps of 2023”](#) (from **Verywell Mind**)
  - [“How to Find a Therapist,”](#) which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)
- ♦ Articles About Therapy that Focus on African American/Black Individuals
- [“Effective Therapy with Black Women,”](#) which discusses the dual stressors Black women face with both racism and sexism, the expectation to be “Superwoman,” three keystones for culturally competent psychological interventions, and the importance of building community (from **American Psychological Association**)
  - [“Counseling Individuals of African Descent,”](#) an article that reviews how institutionalized racism and race-based oppression has an impact on individuals of African descent through race-related and community-experienced trauma, as well as how counseling and intervention can offer support to heal from this trauma (from **Counseling Today**)
  - [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - [“The Benefits of a Therapist Who Understands Your Cultural Background,”](#) an article that discusses the importance and benefits of having a therapist understand your cultural background (from **JED Foundation**)
  - [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)

- [“More Black Men Are Seeking Help to Manage Their Grief”](#) (from **Next Avenue**)
  - [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
  - [Therapy for Black Girls](#) podcast, “a weekly conversation with Dr. Joy Harden Bradford, a licensed Psychologist in Atlanta, Georgia, about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.” (from **Therapy for Black Girls**)
  - [Therapy for Black Men](#), a resource that includes a database of therapists specializing in supporting men of color
  - [“Common Counseling Challenges for African-Americans”](#) describes four challenges for African-Americans trying to finding counseling (from **Thriveworks**)
  - [Black Men Heal](#), which describes an individual therapy program designed to eliminate barriers that prevent black men from seeking therapy
- ♦ Therapist Locator
- General
    - [Psychologist Locator](#) to find a psychologist based on location and/or specialty practice area (from **APA**)
    - [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)
    - [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
    - [Find a Therapist](#) feature (from **Choosing Therapy**)
    - Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
    - [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
    - [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)

- Specific (African American/Black)
  - [The Association of Black Psychologists](#) Directory is “for people who are looking for Black psychologists near them.”
  - [Black Virtual Wellness Directory](#) to locate “a virtual Black therapist, doula, yoga teacher, mediator and much more.” (from **Black Emotional and Mental Health**)
  - Information for African Americans who lack health insurance or are otherwise unable to afford to see a therapist. Sign up if you are [interested in receiving therapy](#) or if you are a [mental health professional interested in working with this organization](#). (from **Free Black Therapy**)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
  - [Find Your Therapist of Color](#) (from **InnoPsych**)
  - [Therapy for Black Girls](#) is a locator that helps Black women and girls with finding therapists both in office and virtually.
  - [Therapy for Black Men](#) locator helps Black men with finding therapists remotely and in office, searchable by location.
  - [Loveland Foundation Fund](#) works to provide financial assistance to Black women and girls across the nation.
  - [AAKOMA](#) is an organization addressing the mental health needs of Youth of Color and has several programs, including five free sessions of virtual therapy with culturally competent providers nationwide.
  - [Black Mental Health Alliance](#) provides a vast database of culturally competent licensed mental health professionals by connecting Black individuals with mental health professionals after filling out a short questionnaire.
  - [Clinicians of Color](#) is a therapist locator for finding clinicians of “various racial and ethnic backgrounds, as well as training and treatment styles,” which can be searched by region.
  - [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.

- [Boris Lawrence Henson Foundation](#) provides a directory of mental health providers and programs serving the African-American community.
- [Therapy in Color](#) provides a directory of culturally aware therapists for Black, Indigenous, and People of Color which is searchable by location.

❖ **Websites:**

- ◆ [Alkeme](#)
  - “Transforming mental health and wellness, Alkeme fuses digital and wellbeing to improve your life.”
- ◆ [Black Girls Smile](#)
  - This nonprofit provides young black women education, resources, and support to lead mentally healthy lives and highlights the under-served and underrepresented mental health needs of young Black women.
- ◆ [Black Men Heal](#)
  - Their mission: “Healed Men Heal Men. To provide access to mental health treatment, psycho-education, and community resources to men of color.”
- ◆ [Black Women’s Health Imperative](#)
  - “The first nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.”
- ◆ [Center for Black Equity](#)
  - This multinational LGBTQ+ network is “dedicated to improving health and wellness opportunities, economic empowerment, and equal rights while promoting individual and collective work, responsibility, and self-determination.”
- ◆ [Concerned Black Men of America](#)
  - This organization connects children of color to mental health resources and role models. They offer parent-focused programs on career development and adult literacy.
- ◆ [Fireweed Collective](#)
  - Formerly known as The Icarus Project, the Fireweed Collective offers mental health education and mutual aid for all people while centering on the needs of those most marginalized by our society.
- ◆ [Free Black Therapy](#)

- Free Black Therapy is a “nonprofit organization dedicated to providing remote mental health services with Black Mental Health professionals for Black and African American individuals” at no cost.
- ◆ [InnoPsych](#)
  - “InnoPsych’s mission is to bring healing to communities of color by changing the face and feel of therapy! We strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.”
- ◆ [The Loveland Foundation](#)
  - A non-profit organization offering financial assistance to Black women and girls seeking therapy.
- ◆ [The National Organization of Sisters of Color Ending Sexual Assault \(SCESA\)](#)
  - This is a Women of Color-led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.
- ◆ [National Organization for People of Color Against Suicide](#)
  - “It is our aim to develop prevention, intervention, and postvention support services to the families and communities impacted adversely by the effects of violence, depression, and suicide in an effort to decrease life-threatening behavior.”
- ◆ [National Queer and Trans Therapists of Color Network](#)
  - “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”
- ◆ [Ourselves Black](#)
  - “Here you will find information about mental health promotion and positive coping as well as resources related to mental illness and treatment. We strive to provide you with relevant, current, and engaging mental health content and stories specifically routed in communities of color.”
- ◆ [Pretty Brown Girl](#)

- This organization empowers Black and Brown girls while encouraging self-acceptance by cultivating social, emotional, and intellectual well-being.
  - ♦ [Rest for Resistance](#)
    - This site contains articles written for queer persons of color by queer persons of color, providing reminders, tips, and events to help you rest and recover.
  - ♦ [Sista Afya](#)
    - A social enterprise that provides low-cost mental wellness services that center the experiences of Black women. They are dedicated to sustaining the mental wellness of Black women through connection to resources and the support of one another.
  - ♦ [The Steve Fund](#)
    - The Steve Fund is “dedicated to supporting the mental health and emotional well-being of young people of color.”
  - ♦ [YMSM + LGBT Center of Excellence](#)
    - This organization delivers culturally responsive and evidence-based prevention and treatment services for racial and ethnic minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.
- Asian-American/Pacific Islander
  - ❖ **Grief and Mental Health Resources:**
    - ♦ [“Diverse Communities”](#) (from **Anxiety and Depression Association of America**)
    - ♦ [Mental Health Resources for Asian-Americans/Pacific Islanders](#) (from **Anxiety and Depression Association of America**)
    - ♦ [“Advancing Asian Mental Health”](#) (from **Asian Mental Health Collective**)
    - ♦ [Autistic People of Color Fund](#). The Fund for Community Reparations for Autistic People of Color’s Interdependence, Survival and Empowerment “practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color.” (from **Autism and Race**)
    - ♦ [Just Healing Resource Site](#), which centers around aiding BIPOC communities who are fighting for justice against oppression. (from



### **Just Healing)**

- ◆ [Crisis Line for Racial Equity Support](#). This service line is dedicated and staffed by BIPOC, providing emotional support for those experiencing racism. Call 503-575-3764 Monday to Friday from 10:00 AM to 7:00 PM PST. (from **Lines for Life**)
- ◆ [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#) (from **Massachusetts General Hospital**)
- ◆ [“What to Do When Your \(South Asian\) Parents Don’t Understand Your Mental Health”](#) (from **Mental Health America**)
- ◆ Overview of mental health issues and links for support affecting the [Asian American/Pacific Islander communities](#) (from **Mental Health America** )
- ◆ [“How Peer Support Can Support Asian-American Communities”](#) (from **Mental Health America**)
- ◆ [“Asian-Americans Experience Sharp Increases in Percentages Screening with Severe Anxiety. Why?”](#) (from **Mental Health America**)
- ◆ [“Attacks Against Asian-Americans are On The Rise: Here’s What You Can Do”](#) (from **CNN** via **National Alliance on Mental Illness**)
- ◆ [“How Asian Shame and Stigma Contribute to Suicide”](#) (from **National Alliance on Mental Illness**)
- ◆ [“Asian-American Teenage Girls Have Highest Rates of Depression”](#) (from **National Alliance on Mental Illness**)
- ◆ [“Expectations and Family Pressure”](#) (from **National Alliance on Mental Illness**)
- ◆ [“Outreach and Engagement for Asian-American Families”](#) (from **National Alliance on Mental Illness**)
- ◆ [“Identity and Cultural Dimensions: Asian American and Pacific Islander,”](#) an article that provides information on the prevalence of mental illness in the Asian American and Pacific Islander community, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)
- ◆ **National Asian American Pacific Islander Mental Health Association** has a section called [Resources](#), which includes [a list of mental health resources](#) for Asian Americans and Pacific Islanders in all 50 states.
- ◆ [South Asian Community Blog](#) (from **South Asian Mental Health Initiative & Network**)

- ◆ [Resources](#) which “illustrate the significance and importance of understanding mental health and wellness,” including articles on a range of topics such as alcoholism, autism, ADHD, LGBTQ+, depression, and smoking cessation (from **South Asian Mental Health Initiative & Network**)
- ◆ [“Opening Doors,”](#) an LGBTQ+ video series that discusses topics such as “barriers to coming out within South Asian families” and “how to support the South Asian LGBTQ+ community” (from **South Asian Mental Health Initiative & Network**)
- ◆ [South Asian Culture and Mental Health: Overview](#) (from **South Asian Mental Health Initiative & Network**)
- ◆ [Blog](#) with posts such as [“Embracing My South Asian Roots,”](#) [“Marriage and Family Therapy,”](#) and [“ADHD – Not Just in Children,”](#) (from **South Asian Mental Health Initiative & Network**)
- ◆ [Asians Do Therapy](#) features stories by Asian Americans about what therapy is like and how it can be beneficial.
- ◆ [BIPOC Mental Health Resources](#) provides mental health resources for various marginalized communities (Black, Asian American, Indigenous, LGBTQIA+, Latin American) (from **The Mental Health Coalition**)
- ◆ [“Asian American & Pacific Islander Mental Health Resources,”](#) which lists a number of organizations that promote the mental health and well-being of the Asian American and Pacific Islander population. (from **The Mental Health Coalition**)
- ◆ [Anti-Racism Resources](#) has links for Black, Indigenous, and People of Color (BIPOC) to engage in self-care (from **UCSF Department of Psychiatry and Behavioral Sciences**)
- ◆ [“17 Mental Health Resources for Asian Americans and Pacific Islanders,”](#) an article that describes the impact of discrimination, harassment, and violence on the mental health of Asian Americans and Pacific Islanders. It also provides a list of mental health resources as well as a list of Instagram accounts that offer mental health information and resources for Asian communities. (from **Verywell Mind**)
- ◆ [“Systemic Racism Takes a Toll on BIPOC Mental Health.”](#) (from **Verywell Mind**)
- ❖ **Stories:**
  - ◆ [“Advancing Asian Mental Health,”](#) an “interview series that features individuals and organizations who are striving to make a

difference among Asian communities around the world” (from **Asian Mental Health Collective**)

- ◆ Blog posts such as “[Grief, Dissociation, and Ancestral Worship: Reflecting on My First Lunar New Year Without My Grandma](#)” (from **Asian Mental Health Collective**)
- ◆ “[‘The Only Way Out Is Through’](#).” A daughter writes about her struggles with her father’s death. (from **Modern Loss**)
- ◆ “[New Generation of Asian-American Women are Fighting to Normalize Mental Health Treatment](#)” (Good Morning America via **National Alliance on Mental Illness**)
- ◆ [Testimonials from people who’ve benefited from SAMHIN](#) (from **South Asian Mental Health Initiative & Network**)

❖ **Support:**

- ◆ Forums
  - Articles
    - “[9 Great Grief Forums to Discuss Coping, Healing & Loss](#)” (from **Cake**)
    - A blog post entitled “[10 Popular Grief Support Chat Rooms](#)” (from **Cake**)
    - A blog post entitled “[Finding Support on a Message Board](#)” (from **Grief Healing**)
  - Forums/Chats with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
    - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
    - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).

- [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
- [Grief in Common](#)
- Suicide: Alliance of Hope’s [Community Forum](#) “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
- [The Compassionate Friends](#) offers live, online chats and private Facebook groups for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
- Forums: Asian American/Pacific Islander
  - [Young People of Color](#), an online support community for young people of color that includes daily check-ins, celebrations, icebreakers, and Q&As.
- ◆ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
    - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
    - “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)

- [“Online Grief Support Groups to Heal Together”](#) (from **LoveToKnow**)
- [“Finding Support”](#) (from **Modern Loss**)
- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’”](#) (from **Psych Central**)
- [“Best Online Grief Support Groups,”](#) an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [The Compassionate Friends](#) offers support for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases](#); [Loss to Substance Related Causes](#); [Sibling Loss to Substance Related Causes](#); [Loss to Suicide](#); [Loss to Homicide](#); [Loss to a Drunk/Impaired Driver](#); [Loss to Cancer](#); [Loss of a Child with Special Needs](#); [Loss to Long-term Illness](#); [Loss After Withdrawing Life Support](#); and [Loss to Mental Illness](#) (from **Facebook**)
  - [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities,

bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”

- [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
- Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
- [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
- [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
- Legacy moderates many private [Facebook support groups](#). These include loss of a [parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss](#), and [pet loss](#). (from **Legacy**)
- [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)
- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Asian American/Pacific Islander
  - Facebook: “[Subtle Asian Mental Health](#)” (from **Asian Mental Health Collective**)
  - [BIPOC Only Recovery Dharma](#). A virtual support group for BIPOC in recovery that is inspired by Buddhist techniques. (from **recoverydharma.online**)
  - [Support Group for Suicide Loss Survivors](#) and [Global Gratitude AA Group](#) (Formerly South Asian Alcoholics Anonymous) (from **South Asian Mental Health Initiative & Network**)

❖ **Therapy:**

- ◆ Articles About Therapy in General

- [“What is Grief Counseling? Techniques and How it Helps,”](#) an article which describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)
- An article entitled [“Will Medicare Cover Grief Counseling?”](#) which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
- [“What are the Different Types of Therapy,”](#) which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and eye movement desensitization and reprocessing (EMDR) (from **Anxiety & Depression Association of America**)
- [“Types of Mental Health Care Professionals,”](#) an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
- [“10 Ways to Find Free or Low-Cost Grief Counseling Near You”](#) (from **Cake**)
- A blog post entitled [“9 Best Online Therapy & Counseling Services”](#) (from **Cake**)
- A blog post entitled [“What’s the Purpose of Grief Counseling? And What’s It Like?”](#) (from **Cake**)
- A blog post entitled [“What’s Grief Coaching? Programs, FAQs + More”](#) (from **Cake**)
- [“Grief Counseling: How it Works, What it Costs, & What to Expect”](#) (from **Choosing Therapy**)
- [“Finding Professional Help for Grief”](#) (from **Empathy**)
- [“How to Choose a Therapist”](#) (from **Farewelling**)
- [Explore Therapy](#), with information about therapy, such as [“Therapy Modes,”](#) [“The Elements of Good Therapy,”](#) and [“Common Therapy Issues”](#) (from **GoodTherapy**)
- [“Learn About Free Counseling and Affordable Therapy Options,”](#) an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)
- A blog post entitled [“When Counseling Isn’t Helping”](#) (from



## **Grief Healing)**

- A blog post entitled “[Are You Reluctant to Seek Counseling for Grief?](#)” (from **Grief Healing**)
- “[Understanding Therapy for Grief and How It Can Help](#)” (from **Healthline**)
- “[The Best Affordable or Free Online Therapy Services of 2023](#)” and “[Therapy for Every Budget: How to Access It](#)” (from **Healthline**)
- “[When Do I Seek Professional Help?](#)” (from **Hospice Foundation of America**)
- A list of “[Frequently Asked Questions](#)” such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
- “[How to Find the Right Therapeutic Support](#)” (from **Modern Loss**)
- A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
- “[Choosing the Right Therapist for Your Child](#),” which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
- “[The 10 Best Affordable Therapy Options for 2023](#)” (from **PsychCentral**)
- “[30 Reasons You May Need a Grief Therapist](#)” (from **Psychology Today**)
- “[How to Find the Right Therapist for You](#)” (from **Real Simple**)
- “[15 Things to Look for in a Therapist](#)” (from **U.S. News**)
- “[Grief Counseling for Children](#),” which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
- “[Best Online Therapy Services of 2023](#),” which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
- “[10 Best Mental Health and Therapy Apps of 2023](#)” (from **Verywell Mind**)
- “[How to Find a Therapist](#),” which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)

- ♦ Articles About Therapy that Focus on Asian American/Pacific Islander Individuals
  - [Ask a Therapist](#)” videos, providing answers to questions such as “How can you stop overthinking and be less indecisive?” and “What are the most important factors in creating a healthy relationship?” (from **Asian Mental Health Collective**)
  - [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - [“As Asian-Americans/Pacific Islanders \(AAPI’s\), We Need Therapists Who Look Like Us”](#) (from **Mental Health America**)
  - [“Why Asian-Americans and Pacific Islanders Don’t Go to Therapy”](#) (from **National Alliance on Mental Illness**)
  - [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
  - A [free confidential helpline](#) for those suffering from mental illness or supporting someone who needs help (This is not a crisis hotline). (from **South Asian Mental Health Initiative & Network**)
  - Article entitled [“What is Psychotherapy”](#) in [English](#), [Hindi](#), [Tamil](#), [Telugu](#), and [Marathi](#) (from **South Asian Mental Health Initiative & Network**)
  
- ♦ Therapist Locator
  - General
    - [Psychologist Locator](#) to find a psychologist based on location and/or specialty practice area (from **APA**)
    - [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)

- [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
- [Find a Therapist](#) feature (from **Choosing Therapy**)
- Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
- [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
- [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)
- Specific (Asian American/Pacific Islander)
  - [Asian American Therapist Directory](#), which has a US therapy directory for Asian Americans. (from **Asian Mental Health Collective**)
  - “[QTPOC Mental Health Directory](#), an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice. (from the **National Queer and Trans Therapists of Color Network**)
  - [South Asian Therapists Directory](#), which constitutes the largest global community of South Asian therapists
  - A [mental health provider directory](#), which is searchable by location, specialty, language, gender, and insurance provider (from **South Asian Mental Health Initiative & Network**)
  - [Find a Therapist](#) helps locate South Asian therapists by location, region, session type, and language. (from **South Asian Therapists.org**)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.

❖ **Websites:**

◆ [Asian Mental Health Collective](#)

- The mission of the Asian Mental Health Collective is “to normalize and de-stigmatize mental health within the Asian community.”

◆ [Fireweed Collective](#)

- Formerly known as The Icarus Project, the Fireweed Collective offers mental health education and mutual aid for all people while centering on the needs of those most marginalized by our society.

◆ [InnoPsych](#)

- “InnoPsych’s mission is to bring healing to communities of color by changing the face and feel of therapy! We strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.”

◆ [National Organization for People of Color Against Suicide](#)

- “It is our aim to develop prevention, intervention, and postvention support services to the families and communities impacted adversely by the effects of violence, depression, and suicide in an effort to decrease life-threatening behavior.”

◆ [The National Organization of Sisters of Color Ending Sexual Assault \(SCESA\)](#)

- This is a Women of Color-led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.

◆ [National Queer & Trans Therapists of Color Network](#)

- “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”

◆ [Pretty Brown Girl](#)

- This organization empowers Black and Brown girls while encouraging self-acceptance by cultivating social, emotional, and intellectual well-being.

◆ [Rest for Resistance](#)

- This site contains articles written for queer persons of color by queer persons of color, providing reminders, tips, and events to help you rest and recover.
  - ♦ [South Asian Mental Health Initiative & Network](#)
    - The South Asian Mental Health Initiative and Network “strives to meet a wide variety of mental health needs of the South Asian Community in the United States.” These include the over 3.4 million South Asian Americans in the U.S, which includes individuals with ancestry from India, Pakistan, Sri Lanka, Nepal, Bhutan, Bangladesh, and the Maldives.
  - ♦ [The Steve Fund](#)
    - The Steve Fund is “dedicated to supporting the mental health and emotional well-being of young people of color.”
  - ♦ [YMSM + LGBT Center of Excellence](#)
    - This organization delivers culturally responsive and evidence-based prevention and treatment services for racial and ethnic minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.
- Indigenous Communities
  - ❖ **Grief and Mental Health Resources:**
    - ♦ [ADAA resources specific to the Indigenous Communities](#) (from **Anxiety & Depression Association of America**)
    - ♦ [Autistic People of Color Fund](#). The Fund for Community Reparations for Autistic People of Color’s Interdependence, Survival and Empowerment “practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color.” (from **Autism and Race**)
    - ♦ [Health Resource Library for Native American Communities](#) (from **Center for American Indian Health**)
    - ♦ [“Strengthening Resilience Among Indigenous Youth Training”](#) (from **Center for American Indian Health**)
    - ♦ [Just Healing Resource Site](#), which centers around aiding BIPOC communities who are fighting for justice against oppression. (from **Just Healing**)
    - ♦ [Crisis Line for Racial Equity Support](#). This service line is dedicated

and staffed by BIPOC, providing emotional support for those experiencing racism. Call 503-575-3764 Monday to Friday from 10:00 AM to 7:00 PM PST. (from **Lines for Life**)

- ◆ [“Native and Indigenous Peoples Addiction and Mental Health Support”](#) (from **Live Another Day**)
- ◆ [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#) (from **Massachusetts General Hospital**)
- ◆ Overview of mental health issues and links for support affecting the [Native and Indigenous communities](#) (from **Mental Health America**)
- ◆ [Native and Indigenous Communities and Mental Health](#) provides information on the prevalence of mental health problems among Native and Indigenous Communities as well as a list of mental health resources for these groups. (from **Mental Health America**)
- ◆ [“Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth”](#) (from **Mental Health Technology Transfer Center**)
- ◆ [“A Strengths and Culture-based Tool to Help Protect Native American Youth from Suicide”](#) (from **Mental Health Technology Transfer Center**)
- ◆ [“Suicide Prevention in Latino and Indigenous Populations”](#) (from **Mental Health Technology Transfer Center**)
- ◆ [“Cultural Responsiveness,”](#) which “describes differences in cultural expressions of grief” (from **Mental Health Technology Transfer Center**)
- ◆ A series of presentations on “Complicated Grief to Moral Injury” including [“Alleviating Moral Suffering,”](#) [“Moral Injury Through the Lens of Diversity and Equity,”](#) and [“When Grief Becomes Complicated”](#) (from **Mental Health Technology Transfer Center**)
- ◆ [“Identity and Cultural Dimensions: Indigenous,”](#) an article that provides information on the prevalence of mental illness in the Indigenous community, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)
- ◆ [Mental Health Resources](#), includes a list of organizations, articles, and other resources designed to promote mental wellness among American Indian and Alaska Native communities. (from **SAMHSA**)

- ◆ [Tribal Affairs](#), which includes information on services the government agency provides to Native American communities to prevent suicide and substance abuse. (from **SAMHSA**)
- ◆ [WeRnative](#), an Indigenous youth organization that provides a vast amount of health resources, including a dedicated page to mental health resources
- ◆ [BIPOC Mental Health Resources](#) provides mental health resources for various marginalized communities (Black, Asian American, Indigenous, LGBTQIA+, Latin American) (from **The Mental Health Coalition**)
- ◆ [StrongHearts Native Helpline](#). Chat online daily from 7 a.m. to 10 p.m. CT with this safe, anonymous and confidential domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy. They also provide a 24/7 helpline at **1-844-762-8483**.
- ◆ [Anti-Racism Resources](#) has links for Black, Indigenous, and People of Color (BIPOC) to engage in self-care (from **UCSF Department of Psychiatry and Behavioral Sciences**)
- ◆ [“Systemic Racism Takes a Toll on BIPOC Mental Health.”](#) (from **Verywell Mind**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums/Chats with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the



world.”

- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
- [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
- [Grief in Common](#)
- Suicide: Alliance of Hope’s [Community Forum](#)
- [The Compassionate Friends](#) offers live, online chats and private Facebook groups for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
- Forums: Indigenous Communities
  - [Young People of Color](#), an online support community for young people of color that includes daily check-ins, celebrations, icebreakers, and Q&As.
- ◆ Peer Support/Support Groups
  - Articles
    - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
    - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
    - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
    - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
    - A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
    - A blog post entitled “[Grief Support Groups: Should I Stay or](#)

- [Leave?](#)” (from **Grief Healing**)
- [“The 10 Best Online Grief Support Groups”](#) (from **Healthline**)
- [“ Online Grief Support Groups to Heal Together”](#) (from **LoveToKnow**)
- [“Finding Support”](#) (from **Modern Loss**)
- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’”](#) (from **Psych Central**)
- [“Best Online Grief Support Groups,”](#) an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Compassionate Friends](#) offers support for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to Substance Related Causes](#); [Sibling Loss to Substance Related Causes](#); [Loss to Suicide](#); [Loss to Homicide](#); [Loss to a Drunk/Impaired Driver](#); [Loss to Cancer](#); [Loss of a Child with Special Needs](#); [Loss to Long-term Illness](#); [Loss After withdrawing Life Support](#); and [Loss to Mental Illness](#) (from **Facebook**)
  - [The Compassionate Friends](#) also “offers over 500 chapters

around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”

- [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
- Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
- [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
- [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
- Legacy moderates many private [Facebook support groups](#). These include loss of a [parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss, and pet loss](#). (from **Legacy**)
- [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)
- [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: Indigenous Communities
  - [BIPOC Only Recovery Dharma](#). A virtual support group for BIPOC in recovery that is inspired by Buddhist techniques. (from **recoverydharma.online**)

#### ❖ Therapy:

- ◆ Articles About Therapy in General
  - “[What is Grief Counseling? Techniques and How it Helps,](#)” an article which describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)

- An article entitled “[Will Medicare Cover Grief Counseling?](#)” which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
- “[What are the Different Types of Therapy,](#)” which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and eye movement desensitization and reprocessing (EMDR) (from **Anxiety & Depression Association of America**)
- “[Types of Mental Health Care Professionals,](#)” an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
- “[10 Ways to Find Free or Low-Cost Grief Counseling Near You](#)” (from **Cake**)
- A blog post entitled “[9 Best Online Therapy & Counseling Services](#)” (from **Cake**)
- A blog post entitled “[What’s the Purpose of Grief Counseling? And What’s It Like?](#)” (from **Cake**)
- A blog post entitled “[What’s Grief Coaching? Programs, FAQs + More](#)” (from **Cake**)
- “[Grief Counseling: How it Works, What it Costs, & What to Expect](#)” (from **Choosing Therapy**)
- “[Finding Professional Help for Grief](#)” (from **Empathy**)
- “[How to Choose a Therapist](#)” (from **Farewelling**)
- [Explore Therapy](#), with information about therapy, such as “[Therapy Modes,](#)” “[The Elements of Good Therapy,](#)” and “[Common Therapy Issues](#)” (from **GoodTherapy**)
- “[Learn About Free Counseling and Affordable Therapy Options,](#)” an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)
- A blog post entitled “[When Counseling Isn’t Helping](#)” (from **Grief Healing**)
- A blog post entitled “[Are You Reluctant to Seek Counseling for Grief?](#)” (from **Grief Healing**)
- “[Understanding Therapy for Grief and How It Can Help](#)” (from

### Healthline)

- [“The Best Affordable or Free Online Therapy Services of 2023”](#) and [“Therapy for Every Budget: How to Access It”](#) (from **Healthline**)
  - [“When Do I Seek Professional Help?”](#) (from **Hospice Foundation of America**)
  - A list of [“Frequently Asked Questions”](#) such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
  - [“How to Find the Right Therapeutic Support”](#) (from **Modern Loss**)
  - A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
  - [“Choosing the Right Therapist for Your Child,”](#) which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
  - [“The 10 Best Affordable Therapy Options for 2023”](#) (from **PsychCentral**)
  - [“30 Reasons You May Need a Grief Therapist”](#) (from **Psychology Today**)
  - [“How to Find the Right Therapist for You”](#) (from **Real Simple**)
  - [“15 Things to Look for in a Therapist”](#) (from **U.S. News**)
  - [“Grief Counseling for Children,”](#) which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
  - [“Best Online Therapy Services of 2023,”](#) which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
  - [“10 Best Mental Health and Therapy Apps of 2023”](#) (from **Verywell Mind**)
  - [“How to Find a Therapist,”](#) which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)
- ♦ Articles About Therapy that Focus on Indigenous Communities
- [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - [“How to Find a Culturally Competent Therapist”](#) (from **JED**)

## Foundation)

- [“Tips to Engage in Mental Health Treatment: The Indigenous Populations from the Northern Triangle”](#) (from **Mental Health Technology Transfer Center**)
- [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
- [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
- [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
- [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)

## ♦ Therapist Locator

- General
  - [Psychologist Locator](#) to find a psychologist based on location and/or specialty practice area (from **APA**)
  - [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)
  - [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
  - [Find a Therapist](#) feature (from **Choosing Therapy**)
  - Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
  - [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
  - [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)
- Specific (Indigenous Communities)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities

- of Color” They have sliding scale pricing.
- [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.
- [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)
- [Therapy in Color](#) provides a directory of culturally aware therapists for Black, Indigenous, and People of Color which is searchable by location.

❖ **Websites:**

- ◆ [Center for American Indian Health](#)
  - The Center for American Indian Health “work[s] in partnership with tribal communities to design public health programs that raise the health status, self-sufficiency, and health leadership of Native people to the highest possible level.”
- ◆ [Center for Native American Youth](#)
  - A “national education and advocacy organization that works alongside Native youth – ages 24 and under – on reservations, in rural villages and urban spaces across the country to improve their health, safety and overall well-being.”
- ◆ [Fireweed Collective](#)
  - Formerly known as The Icarus Project, the Fireweed Collective offers mental health education and mutual aid for all people while centering on the needs of those most marginalized by our society.
- ◆ [Indigenous Story Studios](#)
  - A non-profit dedicated to increasing mental health awareness among indigenous youth through illustrations, videos, posters, and comic books.
- ◆ [InnoPsych](#)
  - “InnoPsych’s mission is to bring healing to communities of color by changing the face and feel of therapy! We strive to make therapists of color more visible in the community by creating a



path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.”

- ◆ [\*\*Mental Health Technology Transfer Center \(MHTTC\) Network\*\*](#)
  - The purpose of the Mental Health Technology Transfer Center Network is technology transfer; disseminating and implementing evidence-based practices for mental disorders into the field.” There are 10 regional networks throughout the United States, including divisions for American Indians, Alaskan Natives, and Hispanic and Latino Communities. Resources are in both English and Spanish.
- ◆ [\*\*National Indigenous Women’s Resource Center\*\*](#)
  - A Native-led non-profit aims to end violence against Indigenous women by uplifting the collective voices of advocates and offering culturally grounded resources, assistance, and training to strengthen tribal sovereignty.
- ◆ [\*\*National Organization for People of Color Against Suicide\*\*](#)
  - “It is our aim to develop prevention, intervention, and postvention support services to the families and communities impacted adversely by the effects of violence, depression, and suicide in an effort to decrease life-threatening behavior.”
- ◆ [\*\*The National Organization of Sisters of Color Ending Sexual Assault \(SCESA\)\*\*](#)
  - This is a Women of Color-led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.
- ◆ [\*\*National Queer & Trans Therapists of Color Network\*\*](#)
  - “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”
- ◆ [\*\*One Sky Center\*\*](#)
  - This group is working “to improve prevention and treatment of mental health and substance abuse problems among Native people” through mentorship and access to resources.

- ◆ [Pretty Brown Girl](#)
  - This organization empowers Black and Brown girls while encouraging self-acceptance by cultivating social, emotional, and intellectual well-being.
- ◆ [Rest for Resistance](#)
  - This site contains articles written for queer persons of color by queer persons of color, providing reminders, tips, and events to help you rest and recover.
- ◆ [The Steve Fund](#)
  - The Steve Fund is “dedicated to supporting the mental health and emotional well-being of young people of color.”
- ◆ [Well for Culture](#)
  - Well for Culture is “a grassroots initiative which aims to reclaim and revitalize Indigenous health and wellness.”
- ◆ [YMSM + LGBT Center of Excellence](#)
  - This organization delivers culturally responsive and evidence-based prevention and treatment services for racial and ethnic minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.

- Latino/Hispanic Americans

- ❖ **Grief and Mental Health Resources:**

- ◆ [ADAA resources specific to the Latinx/Hispanic community](#) (from **Anxiety & Depression Association of America**)
    - ◆ [Autistic People of Color Fund](#). The Fund for Community Reparations for Autistic People of Color’s Interdependence, Survival and Empowerment “practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color.” (from **Autism and Race**)
    - ◆ [“Grief Through the Lens: Latino Culture”](#) (from **Eluna**)
    - ◆ [Just Healing Resource Site](#), which centers around aiding BIPOC communities who are fighting for justice against oppression. (from **Just Healing**)
    - ◆ [Resources for Mental Health Professionals](#) (from **Latinx Therapy**)
    - ◆ [Latinx Therapists Podcast](#), which “discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify myths and diagnoses,” such as “Grief and Loss in the

- Latinx Community” (from **Latinx Therapy**)
- ◆ [“Mental Health Resources”](#) (from **Latinx Therapy**)
  - ◆ [Crisis Line for Racial Equity Support](#). This service line is dedicated and staffed by BIPOC, providing emotional support for those experiencing racism. Call 503-575-3764 Monday to Friday from 10:00 AM to 7:00 PM PST. (from **Lines for Life**)
  - ◆ [“Latinx and Hispanic Addiction and Mental Health Support”](#) (from **Live Another Day**)
  - ◆ [Mental Health Resources for Black, Indigenous and People of Color \(BIPOC\)](#) (from **Massachusetts General Hospital**)
  - ◆ [“Latinx/Hispanic Communities and Mental Health”](#) (from **Mental Health America**)
  - ◆ Overview of mental health issues and links for support affecting the Latino/Hispanic communities (in [English](#) and [Spanish](#)) (from **Mental Health America**)
  - ◆ [“Suicide Prevention in Latino and Indigenous Populations”](#) (from **Mental Health Technology Transfer Center**)
  - ◆ [“Mental Health Issues in Latinx Youth”](#) (from **Mental Health Technology Transfer Center**)
  - ◆ [“Let’s Talk About Resilience: Supporting the Mental Health of Latinx Youth and Young Adults”](#) (from **Mental Health Technology Transfer Center**)
  - ◆ [“Resources in Spanish and Portuguese: Engaging Hispanic/Latinx People in Recovery”](#) (from **Mental Health Technology Transfer Center**)
  - ◆ [“Integrating Primary Care for Latinx Families”](#) (from **Mental Health Technology Transfer Center**)
  - ◆ [Hispanic/Latinx community](#), which address identity and culture for members of the Hispanic/Latin X community, barriers to mental health care, and how to seek “Culturally and Linguistically Competent Care.”
  - ◆ [“Why It’s So Important to Break the Stigma Around Mental Health within the Latinx Community”](#) (from **National Alliance on Mental Illness**)
  - ◆ [“Identity and Cultural Dimensions: Hispanic/Latinx,”](#) an article that provides information on the prevalence of mental illness in the Hispanic/Latinx community, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)

- ◆ [“Addiction and Mental Health Resources for the Latinx/Hispanic Communities”](#) (from **SAFE Project**)
- ◆ [BIPOC Mental Health Resources](#) provides mental health resources for various marginalized communities (Black, Asian American, Indigenous, LGBTQIA+, Latin American) (from **The Mental Health Coalition**)
- ◆ [Anti-Racism Resources](#) has links for Black, Indigenous, and People of Color (BIPOC) to engage in self-care (from **UCSF Department of Psychiatry and Behavioral Sciences**)
- ◆ [“9 Mental Health Resources for the Latinx Community”](#) (from **Verywell Mind**)
- ◆ [“Systemic Racism Takes a Toll on BIPOC Mental Health.”](#) (from **Verywell Mind**)

❖ **Story:**

- ◆ [“I Try to Use The Negative Emotions My Kids and I Feel As Motivation to Bring Back Something for My Community.”](#) A woman, whose husband was killed by the police, explains how she talks to high school students about how to behave when in the presence of a police officer. (from **Option B**)

❖ **Support:**

- ◆ Forums
  - Articles
    - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
    - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
    - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
  - Forums/Chats with a Broad Focus
    - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
    - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of

- volunteers from around the world.”
- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
  - [Grief in Common](#)
  - Suicide: Alliance of Hope’s [Community Forum](#). “Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.”
  - [The Compassionate Friends](#) offers live, online chats and private Facebook groups for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
  - Forums: Latino/Hispanic Americans
    - [Young People of Color](#), an online support community for young people of color that includes daily check-ins, celebrations, icebreakers, and Q&As.
  - ◆ Peer Support/Support Groups
    - Articles
      - A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
      - A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
      - “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
      - A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)

- A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
- “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
- “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
- “[Finding Support](#)” (from **Modern Loss**)
- “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
- “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
- “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
  - [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [The Compassionate Friends](#) offers support for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics: [Loss to COVID-19 and Other Infectious Diseases](#); [Loss to Substance](#)

- [Related Causes](#); [Sibling Loss to Substance Related Causes](#); [Loss to Suicide](#); [Loss to Homicide](#); [Loss to a Drunk/Impaired Driver](#); [Loss to Cancer](#); [Loss of a Child with Special Needs](#); [Loss to Long-term Illness](#); [Loss After withdrawing Life Support](#); and [Loss to Mental Illness](#) (from **Facebook**)
- [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out](#).”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - Legacy moderates many private [Facebook support groups](#). These include loss of a [parent](#), [spouse](#), [sibling](#), [child](#), [veteran](#), [family member](#), [friend](#), [addiction loss](#), [suicide loss](#), [pregnancy and infant loss](#), and [pet loss](#). (from **Legacy**)
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
  - Support Groups: Latino/Hispanic Americans
    - [BIPOC Only Recovery Dharma](#). A virtual support group for BIPOC in recovery that is inspired by Buddhist techniques. (from **recoverydharma.online**)

❖ **Therapy:**



- ♦ Articles About Therapy in General
  - [“What is Grief Counseling? Techniques and How it Helps,”](#) an article which describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)
  - An article entitled [“Will Medicare Cover Grief Counseling?”](#) which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
  - [“What are the Different Types of Therapy,”](#) which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and eye movement desensitization and reprocessing (EMDR) (from **Anxiety & Depression Association of America**)
  - [“Types of Mental Health Care Professionals,”](#) an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
  - [“10 Ways to Find Free or Low-Cost Grief Counseling Near You”](#) (from **Cake**)
  - A blog post entitled [“9 Best Online Therapy & Counseling Services”](#) (from **Cake**)
  - A blog post entitled [“What’s the Purpose of Grief Counseling? And What’s It Like?”](#) (from **Cake**)
  - A blog post entitled [“What’s Grief Coaching? Programs, FAQs + More”](#) (from **Cake**)
  - [“Grief Counseling: How it Works, What it Costs, & What to Expect”](#) (from **Choosing Therapy**)
  - [“Finding Professional Help for Grief”](#) (from **Empathy**)
  - [“How to Choose a Therapist”](#) (from **Farewelling**)
  - [Explore Therapy](#), with information about therapy, such as [“Therapy Modes,”](#) [“The Elements of Good Therapy,”](#) and [“Common Therapy Issues”](#) (from **GoodTherapy**)
  - [“Learn About Free Counseling and Affordable Therapy Options,”](#) an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)

- A blog post entitled “[When Counseling Isn’t Helping](#)” (from **Grief Healing**)
- A blog post entitled “[Are You Reluctant to Seek Counseling for Grief?](#)” (from **Grief Healing**)
- “[Understanding Therapy for Grief and How It Can Help](#)” (from **Healthline**)
- “[The Best Affordable or Free Online Therapy Services of 2023](#)” and “[Therapy for Every Budget: How to Access It](#)” (from **Healthline**)
- “[When Do I Seek Professional Help?](#)” (from **Hospice Foundation of America**)
- A list of “[Frequently Asked Questions](#)” such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
- “[How to Find the Right Therapeutic Support](#)” (from **Modern Loss**)
- A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
- “[Choosing the Right Therapist for Your Child](#),” which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
- “[The 10 Best Affordable Therapy Options for 2023](#)” (from **PsychCentral**)
- “[30 Reasons You May Need a Grief Therapist](#)” (from **Psychology Today**)
- “[How to Find the Right Therapist for You](#)” (from **Real Simple**)
- “[15 Things to Look for in a Therapist](#)” (from **U.S. News**)
- “[Grief Counseling for Children](#),” which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
- “[Best Online Therapy Services of 2023](#),” which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
- “[10 Best Mental Health and Therapy Apps of 2023](#)” (from **Verywell Mind**)
- “[How to Find a Therapist](#),” which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)

- ♦ Articles About Therapy that Focus on Latino/Hispanic Americans
  - [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
  
- ♦ Therapist Locator
  - General
    - [Psychologist Locator](#) to find a psychologist based on location and/or specialty practice area (from **APA**)
    - [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)
    - [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
    - [Find a Therapist](#) feature (from **Choosing Therapy**)
    - Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
    - [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
    - [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)
  - Specific (Latino/Hispanic Americans)
    - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+”

intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.

- [Latinx Therapists Action Network](#), “an online platform and network of Latinx mental health practitioners honoring and affirming the dignity and healing of migrant communities marginalized by criminalization, detention, and deportation.” They provide a [directory](#) of Latinx Therapists.
- [Latinx Therapy](#) is a National Directory that helps with finding Latinx therapists in private practice by location and by multiple search types (e.g., migration background, cultural identity, immigration evaluation, insurance, LGBTQ+ Therapist, etc.).
- [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)
- [Find a Therapist](#) to search for a mental health professional, many of whom speak Spanish (from **Therapy**)
- [Therapy for Latinx](#), connects Latinx people with Latinx therapists. “We provide resources for our community to heal, thrive, and become advocates for their own mental health.”
- [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.

❖ **Websites:**

- ◆ [Fireweed Collective](#)
  - Formerly known as The Icarus Project, the Fireweed Collective offers mental health education and mutual aid for all people while centering on the needs of those most marginalized by our society.
- ◆ [InnoPsych](#)
  - “InnoPsych’s mission is to bring healing to communities of color by changing the face and feel of therapy! We strive to make

therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.”

◆ [Latinx Therapy](#)

- “Latinx Therapy was founded in 2018 with the mission to destigmatize mental health in the Latinx community. Since then, we have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of those in our directory are Spanish speaking), which strives to provides culturally-grounded workshops and services to our community.”

◆ [Mental Health America](#)

- “Mental Health America advances the mental health and well-being of all people living in the U.S. through public education, research, advocacy and public policy, and direct service.”

◆ [National Organization for People of Color Against Suicide](#)

- “It is our aim to develop prevention, intervention, and postvention support services to the families and communities impacted adversely by the effects of violence, depression, and suicide in an effort to decrease life-threatening behavior.”

◆ [The National Organization of Sisters of Color Ending Sexual Assault \(SCESA\)](#)

- This is a Women of Color-led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.

◆ [National Queer & Trans Therapists of Color Network](#)

- “The National Queer and Trans Therapists of Color Network (NQTTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”

◆ [Pretty Brown Girl](#)

- This organization empowers Black and Brown girls while encouraging self-acceptance by cultivating social, emotional, and intellectual well-being.

◆ [Rest for Resistance](#)

- This site contains articles written for queer persons of color by queer persons of color, providing reminders, tips, and events to help you rest and recover.
  - ♦ [The Steve Fund](#)
    - The Steve Fund is “dedicated to supporting the mental health and emotional well-being of young people of color.”
  - ♦ [YMSM + LGBT Center of Excellence](#)
    - This organization delivers culturally responsive and evidence-based prevention and treatment services for racial and ethnic minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.
  
- LGBTQ+ Community
  - ❖ **Grief and Mental Health Resources:**
    - ♦ [“Gay Grief is Different”](#) (from **The Advocate**)
    - ♦ [“LGBTQ Community Resources for Dementia,”](#) provides resource guides for the LGBTQ+ community for dementia and Alzheimer’s disease, as well as resources for caregivers (from **Alzheimer’s Association**)
    - ♦ [“How Grief Affects the LGBTQIA+ Community”](#) (from **Cruse Bereavement Support**)
    - ♦ [“Your Guide to the Best LGBTQ+ Counseling”](#) (from **Everyday Health**)
    - ♦ [“Grief & Bereavement for LGBTQ+ Youth”](#) (from **Full Circle**)
    - ♦ [“Why Queer People Need to Talk about Disenfranchised Grief”](#) (from **GayTimes**)
    - ♦ LGBTQ+- friendly material including a booklet entitled [“Making Informed Choices When Planning a Funeral: A Guide for Queer People”](#) (from **The Good Grief Trust**)
    - ♦ [“Grief Reactions Associated with the Death of an LGBTIQ+ Partner”](#) (from **GriefLink**)
    - ♦ [LGBTQIA Grief Resources](#) (from **Grief Speaks**)
    - ♦ [“Why the Risk of Substance Abuse Disorders is Higher for LGBTQ People”](#) (from **Healthline**)
    - ♦ [“How to Identify and Help End 7 LGBTQIA+ Health Disparities”](#) (from **Healthline**)
    - ♦ [“LGBQ Teens’ Risk of Suicide Far Greater Than Straight Peers”](#) (from

## Healthline)

- ◆ An article discussing common grief issues affecting the [LGBT community following the death of a partner or spouse](#) (from **Hospice and Community Care**)
- ◆ [“LGBTQ+ Communities and Mental Health”](#) (from **Mental Health America**)
- ◆ [BIPOC Mental Health Resources](#) provides mental health resources for various marginalized communities (Black, Asian American, Indigenous, LGBTQIA+, Latin American) (from the **Mental Health Coalition**)
- ◆ [“Identity and Cultural Dimensions: LGBTQ+,”](#) an article that provides information on the prevalence of mental illness in the LGBTQ+ community, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)
- ◆ [“The Importance of LGBTQ Inner Equality”](#) from **National Alliance on Mental Illness**)
- ◆ [“LGBTQI Mental Health: It’s Not Always Glitter and Rainbows”](#) (from **National Alliance on Mental Illness**)
- ◆ [“Support hotline for peer support, counseling, witnessing, and affirming the lived experiences to folks who are most impacted by systemic oppression with an LGBTQ+ Black Femme Lens.”](#)(from Call Blackline via **National Queer and Trans Therapists of Color**)
- ◆ [“How Does Trauma Affect LGBTQIA+ Communities?”](#) (from **Psych Central**)
- ◆ [“How to Support Someone Exploring Their Sexual Identity”](#) (from **Psych Central**)
- ◆ [“Coming Out as LGBTQ+ in Adulthood”](#) (from **Psych Central**)
- ◆ [“Sexual Attitudes and Behaviors of U.S. Adults: What Has Changed?”](#) (from **Psych Central**)
- ◆ [“The Damaging Mental Health Effects of LGBTQ+ Conversion Therapy”](#) (from **Psych Central**)
- ◆ [“Inside Mental Health Podcast: LGBTQ+ Youth Suicide Prevention”](#) (from **Psych Central**)
- ◆ [“LGBTQ+ Grieving: Loss, Love, and Pride”](#) (from **Remembering A Life**)
- ◆ [Issues Facing LGBTQ+ Families](#), which highlights LGBTQ+ and Pregnancy and Infant Loss (from **RTZ Hope**)



- ◆ [Resources](#) which “illustrate the significance and importance of understanding mental health and wellness,” including articles on a range of topics such as alcoholism, autism, ADHD, LGBTQ+, depression, and smoking cessation (from **South Asian Mental Health Initiative & Network**)
- ◆ “[Opening Doors](#),” an LGBTQ+ video series that discusses topics such as “barriers to coming out within South Asian families” and “how to support the South Asian LGBTQ+ community” from **South Asian Mental Health Initiative & Network**)
- ◆ [Supporting Black LGBTQ Youth Mental Health](#)” (from **The Trevor Project**)
- ◆ “[Widowed within the LGBTQIA+ Community](#)” (from **Widowed and Young**)
- ◆ [LGBTQ+ Community](#) (from **Widowed Village**)
- ◆ “[Compassionate Care, Free from Judgment: Validating LGBTQ+ Hospice Patients](#)” (from **VITAS Healthcare**)
- ❖ **Stories:**
  - ◆ [Pat](#) shares the story of losing his partner Mike in 2017 and the difficulty finding support groups for LGBT individuals, which prompted him to create his own. (from **The Good Grief Trust**)
  - ◆ “[In Silence](#).” A man describes the loss of his partner, Gerald, who was beaten to death in an assault that he barely managed to escape from his own life. (from **Grief Narratives**)
  - ◆ “[Even Though I Expected It, You Can Never Prepare Yourself for When It Happens](#).” A man reflects on his life with his partner who died from throat and neck cancer. (from **Option B**)
- ❖ **Support:**
  - ◆ Forums
    - Articles
      - “[9 Great Grief Forums to Discuss Coping, Healing & Loss](#)” (from **Cake**)
      - A blog post entitled “[10 Popular Grief Support Chat Rooms](#)” (from **Cake**)
      - A blog post entitled “[Finding Support on a Message Board](#)” (from **Grief Healing**)
    - Forums/Chats with a Broad Focus

- AARP's [Grief & Loss Forum](#) (primarily for seniors) "In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers."
- [Grief and Loss Forum](#) on My Support Forums is an "online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world."
- [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
- [Grieving.com](#) is "a community of people supporting each other." It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
- [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
- [Grief in Common](#)
- [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as "Loss to Substance Related Causes," and "No Surviving Children."
- Forums/Chats: LGBTQ+ Community
  - [Grief in Common](#) (Has a section for [LGBTQ Loss](#))
  - Suicide: Alliance of Hope's [Community Forum](#) (Has a section for "[The LGBT Community](#)")
  - [Q Chat Space: Online Chats for LGBTQ+ Youth](#). "Q Chat Space online discussion groups give you a safer space to meet other LGBTQ+ and questioning teens (13 to 19 years old) and discuss topics relevant to your identities and experiences. It is not a forum. It is a live chat; there is no video or audio. Everyone is chatting during the same time. It's safer, because there is always a facilitator present, someone who works at an LGBTQ+ center."
- ◆ Peer Support/Support Groups
  - Articles

- A blog post entitled “[How to Find In-Person Grief Support Groups: Step-By-Step](#)” (from **Cake**)
- A blog post entitled “[12 Best Free or Affordable Online Grief Support Groups](#)” (from **Cake**)
- “[Grief and the LGBTQ+ Community](#),” an article that describes the unique ways that members of the LGBTQ+ community are impacted by grief and identifies available support groups (from **Empathy**)
- “[How the Grief Experience Affects Us](#),” which highlights the benefits of peer support (from **Good Grief**)
- A blog post entitled “[Finding Grief Support That is Right for You](#)” (from **Grief Healing**)
- A blog post entitled “[Support Groups vs. Individual Counseling](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: What Are the Benefits?](#)” (from **Grief Healing**)
- A blog post entitled “[Grief Support Groups: Should I Stay or Leave?](#)” (from **Grief Healing**)
- “[The 10 Best Online Grief Support Groups](#)” (from **Healthline**)
- “[Programs and Support Groups Offered by the LGBTQIA+ Aging Project](#)” (from **The LGBTQIA + Aging Project**)
- “[Grief and Loss Discussion & Support Group](#)” (from **The Loft LGBTQ+ Community Center**)
- “[Online Grief Support Groups to Heal Together](#)” (from **LoveToKnow**)
- “[LGBTQ Support Group: 3 Best LGBTQ Peer Support Communities](#)” (from **Men’s Group**)
- “[Finding Support](#)” (from **Modern Loss**)
- “[The 9 Best Online Support Groups in 2022](#)” (from **Psych Central**)
- “[Online Support Groups: ‘Help Me Heal Me’](#)” (from **Psych Central**)
- “[Best Online Grief Support Groups](#),” an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus

- Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
- [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
- [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.
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  - Legacy moderates many private [Facebook support groups](#). These include loss of a [parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss](#), and [pet loss](#). (from **Legacy**)
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)

- [Regional social groups](#) for widows, including events for the general population as well as those focused specifically on the LGBTQ+ widowed community (from **Soaring Spirits International**)
- Support Groups: LGBTQ+ Community
  - [The Compassionate Friends](#) offers support for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topics [Loss of an LGBTQ+ Child](#) and [Bereaved LGBTQ Parents with Loss of a Child](#) (from **The Compassionate Friends**)
  - [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
  - [LOFT Peer Support Groups](#) “are open topic, free to attend, and require no RSVP. Peer Support Groups are led by trained, peer facilitators.” (from **The Loft LGBTQ+ Community Center**)
  - [Free Virtual Grief Support Groups](#) including LGBTQIA Peer-led Grief Support Groups (from **My Grief Angels**)
  - [LGBTQ+ Community Support Group](#) for Widows (from **Soaring Spirits International**)

#### ❖ Therapy:

- ◆ Articles About Therapy in General
  - “[What is Grief Counseling? Techniques and How it Helps](#),” an article which describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)
  - An article entitled “[Will Medicare Cover Grief Counseling?](#)” which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
  - “[What are the Different Types of Therapy](#),” which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and eye movement desensitization and reprocessing (EMDR) (from **Anxiety & Depression Association**)

**of America)**

- [“Types of Mental Health Care Professionals,”](#) an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
- [“10 Ways to Find Free or Low-Cost Grief Counseling Near You”](#) (from **Cake**)
- A blog post entitled [“9 Best Online Therapy & Counseling Services”](#) (from **Cake**)
- A blog post entitled [“What’s the Purpose of Grief Counseling? And What’s It Like?”](#) (from **Cake**)
- A blog post entitled [“What’s Grief Coaching? Programs, FAQs + More”](#) (from **Cake**)
- [“Grief Counseling: How it Works, What it Costs, & What to Expect”](#) (from **Choosing Therapy**)
- [“Finding Professional Help for Grief”](#) (from **Empathy**)
- [“How to Choose a Therapist”](#) (from **Farewelling**)
- [Explore Therapy](#), with information about therapy, such as [“Therapy Modes,”](#) [“The Elements of Good Therapy,”](#) and [“Common Therapy Issues”](#) (from **GoodTherapy**)
- [“Learn About Free Counseling and Affordable Therapy Options,”](#) an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)
- A blog post entitled [“When Counseling Isn’t Helping”](#) (from **Grief Healing**)
- A blog post entitled [“Are You Reluctant to Seek Counseling for Grief?”](#) (from **Grief Healing**)
- [“Understanding Therapy for Grief and How It Can Help”](#) (from **Healthline**)
- [“The Best Affordable or Free Online Therapy Services of 2023”](#) and [“Therapy for Every Budget: How to Access It”](#) (from **Healthline**)
- [“When Do I Seek Professional Help?”](#) (from **Hospice Foundation of America**)
- A list of [“Frequently Asked Questions”](#) such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
- [“How to Find the Right Therapeutic Support”](#) (from **Modern**

### Loss)

- A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
  - “[Choosing the Right Therapist for Your Child](#),” which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
  - “[The 10 Best Affordable Therapy Options for 2023](#)” (from **PsychCentral**)
  - “[30 Reasons You May Need a Grief Therapist](#)” (from **Psychology Today**)
  - “[How to Find the Right Therapist for You](#)” (from **Real Simple**)
  - “[15 Things to Look for in a Therapist](#)” (from **U.S. News**)
  - “[Grief Counseling for Children](#),” which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
  - “[Best Online Therapy Services of 2023](#),” which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
  - “[10 Best Mental Health and Therapy Apps of 2023](#)” (from **Verywell Mind**)
  - “[How to Find a Therapist](#),” which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)
- ♦ Articles About Therapy that Focus on the LGBTQ+ Community
    - “[Finding an LGBTQIA+ Affirming Therapist: Questions and Answers to Help](#)” (from **Healthline**)
    - “[How Do I Find LGBTQ-friendly Therapy?](#)” (from **Mental Health America**)
    - “[Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks](#)” (from **Mental Health America**)
    - “[Is My Therapist Being Racist?](#)” (from **Mental Health America**)
    - “[How to Find an Anti-Racist Therapist](#)” (from **Mental Health America**)
  - ♦ Therapist Locator
    - General
      - [Psychologist Locator](#) to find a psychologist based on



- location and/or specialty practice area (from **APA**)
- [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)
- [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
- [Find a Therapist](#) feature (from **Choosing Therapy**)
- Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
- [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
- [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)
- Specific (LGBTQ+ Community)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
  - [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)

❖ **Websites:**

- ◆ [Brooklyn Community Pride Center](#)
  - “The Brooklyn Community Pride Center provides services and support to the borough’s LGBTQ+ community through original programming and partnerships with other organizations.”
- ◆ [Center for Black Equity](#)
  - This multinational LGBTQ+ network is “dedicated to improving health and wellness opportunities, economic empowerment,

and equal rights while promoting individual and collective work, responsibility, and self-determination.”

- ◆ [Fireweed Collective](#)

- Formerly known as The Icarus Project, the Fireweed Collective offers mental health education and mutual aid for all people while centering on the needs of those most marginalized by our society.

- ◆ [National Queer & Trans Therapists of Color Network](#)

- “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”

- ◆ [Rest for Resistance](#)

- This site contains articles written for queer persons of color by queer persons of color, providing reminders, tips, and events to help you rest and recover.

- ◆ [The Trevor Project](#)

- “The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.”

- ◆ [YMSM + LGBT Center of Excellence](#)

- This organization delivers culturally responsive and evidence-based prevention and treatment services for racial and ethnic minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.

- People with Physical/Intellectual/Learning Disabilities

- ❖ **Grief and Mental Health Resources:**

- ◆ [Autistic People of Color Fund](#). The Fund for Community Reparations for Autistic People of Color’s Interdependence, Survival and Empowerment “practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color.” (from **Autism and Race**)
- ◆ [Podcast for Families with Disabled Children](#) (from **Barnardo’s**)
- ◆ [Special Education Needs & Disability Hub](#) (from **Barnardo’s**)
- ◆ [“Grief Interventions for Children with ADHD”](#) (from **Baylor University**)

- ◆ [Black Disability Collective](#), an online community space dedicated to uplifting and advocating for Black disabled lives
- ◆ [“Grief Among Individuals with Developmental Disabilities,”](#) which describes how “individuals with developmental disabilities are frequently unprepared for dealing with their grief, and usually receive little or no assistance through the mourning process” and therefore “may be at risk for long-lasting behavioral and emotional problems” (from the **Continuum of Care**)
- ◆ [“Supporting People with Disabilities Coping with Grief and Loss,”](#) a booklet with “easy-to-read information” on topics such as “What is Grief” and “Why do people die?” as well as a section on guidance on how to support the bereaved (from the **Down Syndrome Association**)
- ◆ Articles focused on grief and disability such as [“Bereaved Individuals with Autism,”](#) [“Bereaved Individuals with Intellectual Disabilities or Developmental Delays,”](#) and [“Grieving When Cognitively Impaired”](#) (from **Hospice and Community Care**)
- ◆ [“Helping Family and Friends \[with Autism\],”](#) which provides “some things to be aware of to help your loved one during their grieving process” (from **Hospice Foundation of America**)
- ◆ [“When the Grief-Stricken Has Special Needs”](#) (from **Modern Loss**)
- ◆ [“Identity and Cultural Dimensions: People with Disabilities,”](#) an article that provides information on the prevalence of mental illness in People with Disabilities, barriers to care, finding culturally competent care, and mental health resources (from **National Alliance on Mental Illness**)
- ◆ [“Grief Support for Children with Intellectual and Neurodevelopmental Disabilities,”](#) which describes grief behaviors and recommends offering “explanations matched to their level” (from the **National Center for School Crisis and Bereavement**)
- ◆ [How to Host a Disability Day of Mourning Vigil](#) (from Autistic Advocacy via **The Order of the Good Death**)
- ◆ [Resources](#) which “illustrate the significance and importance of understanding mental health and wellness,” including articles on a range of topics such as alcoholism, autism, ADHD, LGBTQ+, depression, and smoking cessation (from **South Asian Mental Health Initiative & Network**)
- ◆ Information for supporting bereaved people with [learning disabilities](#) and [special needs](#) (from **Sudden**)

- ◆ [Mental Health Resources for Disabled People](#), which includes information about finding a disability-friendly therapist, using insurance for therapy, and using governmental programs (from **Supportiv**)
- ◆ [“Understanding Intellectual Disability and Health”](#) (from **UH Intellectual Disability and Health**)
- ◆ A [Mental Health](#) section with articles such as [“Managing Grief Better: People with Intellectual Disabilities”](#) and [“Depression in People with Intellectual Disabilities”](#) (from **UH Intellectual Disability and Health**)
- ◆ [“Palliative Care and Intellectual Disabilities”](#) (from **UH Intellectual Disability and Health**)
- ◆ A [Family](#) section with articles such as [“Parents’ Perspectives As Their Child Approaches Adulthood”](#) and [“Parents with Intellectual Disabilities”](#) (from **UH Intellectual Disability and Health**)
- ◆ [“Helping People with Intellectual Disabilities Cope with Loss,”](#) which highlights that those with “intellectual disabilities respond to bereavement and loss in essentially the same way as anyone else” but that “bereavement may be prolonged” (from the **Vanderbilt Kennedy Center for Excellence in Developmental Disabilities**)
- ◆ Articles such as [“How to Tell a Child with Special Educational Needs and Disabilities that Someone Has Died”](#) (from **Winston’s Wish**)
- ❖ **Stories:**
  - ◆ [Picture books](#) designed specifically for individuals who are unable to read that allow them to follow stories solely through visual images. Examples of stories include “I Can Get Through It,” “Going to the Doctor,” “Sonia’s Feeling Sad,” “When Somebody Dies,” and “Finding a Safe Place from Abuse.” (from **Beyond Words**)
  - ◆ [“Stories for Health & Social Care”](#) (from **Beyond Words**)
  - ◆ [“Stories for Schools”](#) (from **Beyond Words**)
  - ◆ [“Stories for Communities”](#) (from **Beyond Words**)
  - ◆ [“Shine a Light.”](#) A medical student in New Zealand reflects on a family placement, showing how his encounters with a three-year-old boy changed his understanding of the meaning of disability in someone’s life. (from **UH Intellectual Disability and Health**)
- ❖ **Support:**
  - ◆ Forums

- Articles
  - [“9 Great Grief Forums to Discuss Coping, Healing & Loss”](#) (from **Cake**)
  - A blog post entitled [“10 Popular Grief Support Chat Rooms”](#) (from **Cake**)
  - A blog post entitled [“Finding Support on a Message Board”](#) (from **Grief Healing**)
- Forums/Chats with a Broad Focus
  - AARP’s [Grief & Loss Forum](#) (primarily for seniors) “In this forum, we find support and share advice with others who have recently lost a loved one. Ask questions and get tips from AARP experts and your peers.”
  - [Grief and Loss Forum](#) on My Support Forums is an “online community of emotional and mental health support groups... overseen by a caring team of volunteers from around the world.”
  - [Online Grief Support – A Social Community](#), online discussions about general topics pertaining to grief as well as the loss of a parent, spouse or friend.
  - [Grieving.com](#) is “a community of people supporting each other.” It offers forums organized by types of loss (Has a section on [Losing Family and Friends](#)), as well as Grief Issues, such as [Coping with Loss](#) and [Coping with Holidays](#).
  - [Grief Healing Discussion Groups](#) (has a section on [General Grief and Loss Topics](#))
  - [Grief in Common](#)
  - Suicide: Alliance of Hope’s [Community Forum](#)
  - [The Compassionate Friends](#) offers live, online chats for bereaved parents, grandparents, and adult siblings. There are sign-up pages for general bereavement sessions as well as more specific sessions such as “Loss to Substance Related Causes,” and “No Surviving Children.”
- ♦ Peer Support/Support Groups
  - Articles
    - A blog post entitled [“How to Find In-Person Grief Support Groups: Step-By-Step”](#) (from **Cake**)
    - A blog post entitled [“12 Best Free or Affordable Online Grief](#)

- [Support Groups](#)” (from **Cake**)
- [“How the Grief Experience Affects Us,”](#) which highlights the benefits of peer support (from **Good Grief**)
- A blog post entitled [“Finding Grief Support That is Right for You”](#) (from **Grief Healing**)
- A blog post entitled [“Support Groups vs. Individual Counseling”](#) (from **Grief Healing**)
- A blog post entitled [“Grief Support Groups: What Are the Benefits?”](#) (from **Grief Healing**)
- A blog post entitled [“Grief Support Groups: Should I Stay or Leave?”](#) (from **Grief Healing**)
- [“The 10 Best Online Grief Support Groups”](#) (from **Healthline**)
- [“Online Grief Support Groups to Heal Together”](#) (from **LoveToKnow**)
- [“Finding Support”](#) (from **Modern Loss**)
- [“The 9 Best Online Support Groups in 2022”](#) (from **Psych Central**)
- [“Online Support Groups: ‘Help Me Heal Me’”](#) (from **Psych Central**)
- [“Everything You Need to Know About Disability Support Groups”](#) (from **Verywell Health**)
- [“Best Online Grief Support Groups,”](#) an article that describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs (from **Verywell Mind**)
- One-to-One with a Broad Focus
  - Sign up to get a grief peer through the [Buddy System](#) (from **The Dinner Party**)
  - [Grief in Common Grief Coaching](#) “provides an opportunity for individual support, and a chance to talk about your unique challenges through this grieving process. FREE 15 minute consults are available.”
  - [HealGrief Coaches](#) “are compassionate individuals trained with a deep understanding of grief...a HealGrief coach may not be a licensed mental health professional...HealGrief Coaches support you to move forward and focus more on what comes next after suffering a death loss.” There is a fee for participating.

- [7 Cups](#), which “connects you to caring listeners for free emotional support” individually and via group support chats
- Support Groups with a Broad Focus
  - [Facebook](#) offers general grief support groups such as “[Grief Speaks Out.](#)”
  - Facebook: Online grief support group for adults hosted by Mr. Kessler entitled “[Grief: Releasing Pain, Remembering Love and Finding Meaning](#)” (from **Grief.com**)
  - [Grief in Common Zoom Support Groups](#) are appropriate “for every griever, covering every type of loss. Groups meet via Zoom and allow for connection, education and support.”
  - [GriefShare](#) groups, a nondenominational program that features biblical concepts for healing from grief. Participants pay a small fee and have weekly discussions that offer “insights from counselors, pastors, and others who have lost a loved one.” Grief Share also has in-person groups around the country.
  - Legacy moderates many private [Facebook support groups](#). These include loss of a [parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss](#), and [pet loss](#). (from **Legacy**)
  - [Support Groups](#) and links to [local chapters](#) (from **National Alliance on Mental Illness**)
  - [Coping with Grief Group](#). “Connect with a community of 25K people around the world who share their experiences with grief openly and honestly and provide everyday support for one another.” (from **Option B**)
- Support Groups: People with Physical/Intellectual/Learning Disabilities
  - “[AANE](#) offers support for Adults with Asperger / Autism profiles:
    - [Online "Open" Support Groups for Adults](#) - have an undefined number of group members with new people coming and going on a regular basis. **(Free)**
    - [Online "Closed" Support Groups for Adults](#)- have the same members for a set number of sessions. **(Pay what you can afford)**”
  - [The Compassionate Friends](#) offers support groups for bereaved parents, grandparents, and siblings through



private Facebook groups focused on the [Loss of a Child with Special Needs](#) (from **The Compassionate Friends**)

- [The Compassionate Friends](#) also “offers over 500 chapters around the country. In small towns and large cities, bereaved parents, siblings, and grandparents meet together to talk, listen, share, and provide each other emotional support after the devastating death of a child.”
- [Disability Community Resource Center](#) offers [Virtual and In-Person Support Groups](#) (from **DCRC**)
- A Facebook community page: [Adults with Aspergers and High Functioning Autism – Support Group](#)
- [Autism Support Groups](#) (from **United Disabilities Services**)

❖ **Websites:**

◆ [Beyond Words](#)

- Beyond Words is a charity that provides books and training to support people who find pictures easier to understand than words. Whether supporting somebody with a learning disability or a communication difficulty, their resources serve to empower people through pictures. This can include loved ones with autism, learning disabilities, and victims of physical or psychological trauma.

◆ [DeafLEAD](#)

- “a non-profit agency that provides 24-hour crisis intervention, advocacy, case management, interpreting and mental health services to Deaf, hard of hearing, Deaf Blind, and late-deafened individuals who are victims of crime and their families, as well as support to individuals, agencies, and organizations providing victim services to individuals with a hearing loss.” They may be reached by phone at 1 (573) 303-5598.

◆ [HEARD](#)

- A volunteer-based organization working to end violence against and incarceration of disabled people going through the justice system.

◆ [UH Intellectual Disability and Health](#)

- The University of Hertfordshire’s Disability and Health site is an “educational resource for medical, nursing, healthcare and social care students and practitioners. It welcomes articles of

relevance to the physical and mental health and wellbeing of people with intellectual disabilities throughout the life cycle.” The major purpose of this organization is to educate healthcare professionals about the nature of intellectual disability and the needs of individuals with intellectual disabilities.

- ◆ [Supportiv](#)
  - “Supportiv removes all obstacles and fast-tracks you to feeling supported—**no appointments, no forms, no questionnaires, no registration, not even any “quizzes”**. All we need to hear is what’s going on that’s led you here, in your own words, and we take it from there. We do all the work for you: matching you with the right support network members, and to the right resources (articles, videos, podcasts, etc.) that can help you feel better. Here you can vent, unwind, de-stress, and feel supported... **all without anyone knowing who you are!**”

## Guidance for the Newly Bereaved

- Immediately Following the Death
  - ❖ **Resources:**
    - ◆ [“What to Do When a Loved One Dies: Practical Steps You Need to Take in the Early Days”](#) in [English](#) and [Spanish](#) (from **AARP**)
    - ◆ [“Letter to the Newly Bereaved.”](#) Guidance for those whose loved one died by suicide (from **Alliance of Hope**)
    - ◆ [Information for the newly bereaved](#), including an article that reviews the psychological, emotional, and physical effects of losing a child as well as the impact on family and social connections (from **The Compassionate Friends**)
    - ◆ A brochure entitled [“Grief of the Newly Bereaved,”](#) which focuses on loss of a child and includes such topics as initial shock and numbness, finding support, and caring for surviving children (from **The Compassionate Friends**)
    - ◆ Making immediate arrangements in [“The First Few Days,”](#) which describes first things to know after a loved one passes away; [“How to Inform People about a Loved One’s Death;”](#) and [“Taking Care of Your Loved One’s Pet”](#) (from **Empathy**)

- ◆ [“The Most Important Legal Steps After Someone Dies”](#) (from **Empathy**)
- ◆ [“What to Do After Someone Dies,”](#) an article with practical advice about making arrangements for what to do immediately following the loved one’s death (e.g., getting a legal pronouncement of death and guidance on organ or brain donation) and what to do within a few weeks of the death (e.g., contacting life insurance and credit agencies and the Social Security Administration) (from **National Institute on Aging**)
- ◆ Articles for those recently bereaved including [“Honoring a Life”](#) (e.g., planning a service/memorial/funeral), and [“When a Death Occurs”](#) (e.g., a checklist of tasks to perform after a death) (from **Remembering A Life**)
- ◆ [“Newly Widowed Packet,”](#) which provides a form for requesting a comprehensive packet of resources for the newly widowed (from **Soaring Spirits International**)
- ◆ [“The Logistics of Death Can Be Overwhelming. New Apps Can Offer Help,”](#) an article that describes apps to help people deal with the overwhelming logistical details that arise following a death. (from **The Washington Post**)
- ◆ Guidance for those who are mourning a recent death, such as [“What the Newly Bereaved Should Know”](#) (from **What’s Your Grief?**)
- ◆ Practical advice for [The First Few Weeks](#), such as [“Talking to Children”](#) and [“What to Do with Ashes”](#) (from **Widowed and Young**)
- ❖ **Stories:**
  - ◆ [“The Gift of Information is the Greatest Gift You Can Give and Receive When It Matters Most.”](#) A woman who suddenly lost her mother describes how she struggled with the “endless trail of tasks and paperwork.” (from **Option B**)
  - ◆ [“One Day: A Letter to the Newly Bereaved Parent.”](#) A woman who lost a child conveys what other parents can expect as they try to move forward with their lives. (from **Still Standing Magazine**)
- ❖ **Websites:**
  - ◆ [eCondolence](#)
    - “The information and tools available on eCondolence seek to clarify the questions and offer reliable answers for those who are grieving or who want to help someone who is.”

- ◆ [Empathy](#)
  - Empathy’s mission is “to change the way the world deals with loss.”
- ◆ [Farewelling](#)
  - Farewelling aims to help individuals who are planning funeral or memorial services for their deceased loved ones. They also provide resources for people who are interested in planning their own services in advance.
- ◆ [Cake](#)
  - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”
- ◆ [Remembering A Life](#)
  - The Remembering a Life website is sponsored by the National Funeral Directors Association, which is “the world’s leading and largest funeral service association, serving 19,700 individual members who represent more than 10,000 funeral homes in the United States and 49 countries around the world.”

- **Tips for the Early Days and Months: Funerals and Memorials**

- ❖ **Resources:**

- ◆ Articles on such topics as “[8 Tips for Funeral Planning](#),” “[Smart Ways to Cover the Cost of a Funeral](#),” and “[How to Plan a Meaningful Memorial Service](#)” (from **AARP**)
- ◆ [Hospice Memory Archiving](#), which is “a new way of celebrating and +paying tribute to your loved one online.” Family members can share memories of their loved ones, as well as photos, conversations, artwork, and even family recipes. (from **AfterTalk**)
- ◆ Blog posts on funeral planning such as “[Funerals and Memorial Services](#),” “[Celebrations of Life](#),” “[Eulogies](#),” “[Burial Alternatives for Non-Traditional People](#)” (green burial options), and “[Guide to Funeral Etiquette for Estranged Families](#)” (from **Cake**)
- ◆ Blog posts on memorials such as “[How to Plan a Memorial Service: 14 Steps](#),” “[12 Best Online Memorial Sites: Costs, Features & Reviews](#),” “[40+ Things to Do in Memory of a Loved One](#),” and “[20 Creative Ways to Honor a Loved One After They Died](#)” (from **Cake**)

- ◆ [“Preparing Your Child’s Funeral,”](#) which offers guidance on arrangements after the death of your child (from **The Compassionate Friends**)
- ◆ [“Most Americans Today are Choosing Cremation – Here’s Why Burials are Becoming Less Common”](#) (from **The Conversation**)
- ◆ Guidance for [planning and coordinating a service](#), such as [“What ‘To-Do’ When Someone Dies,”](#) [“How to Write an Obituary,”](#) and [“How to Write a Eulogy”](#) (from **eCondolence**)
- ◆ Articles on making funeral arrangements such as [“Choosing the Right Funeral Home,”](#) [“Casket Information: A Complete Guide to Caskets,”](#) [“Cremation or Burial?,”](#) and [“Alternative Memorial Ceremonies”](#) (from **Empathy**)
- ◆ [“In the Days After the Funeral”](#) (from **Empathy**)
- ◆ [“What to Expect and Do”](#) after a death (from **Evermore**)
- ◆ Articles on funeral planning such as [“What is a Celebration of Life and How to Plan One,”](#) [“Obituary Examples: Writing the Perfect Tribute,”](#) [“Eulogy Examples: How to Write a Eulogy for a Loved One,”](#) [“6 Things You Might Not Think to Ask When Planning a Funeral,”](#) [“Alternatives to Traditional Burial,”](#) [“Eco-friendly Funerals: It’s \(Relatively\) Easy Dying Green,”](#) and [Funeral Planning Checklist](#) (from **Farewelling**)
- ◆ LGBTQ+- friendly material including a booklet entitled, [“Making Informed Choices When Planning a Funeral: A Guide for Queer People”](#) (from **The Good Grief Trust**)
- ◆ A blog post entitled [“When Attending a Funeral Triggers Grief”](#) (from **Grief Healing**)
- ◆ A blog post entitled [“Family Disagreements Regarding Funerals”](#) (from **Grief Healing**)
- ◆ [Celebrate a Life](#), which offers “a variety of ways to celebrate the life of a family member or friend” (from **HealGrief**)
- ◆ Light a virtual candle in the [Candle Gallery](#), “to remember and honor your person’s birthday, death day and special anniversary days” (from **HealGrief**)
- ◆ [Artful Healing](#), where people post “photos about their experience with loss” (from **HealGrief**)
- ◆ [“30 Ideas on How to Remember & Honor Your Person”](#) (from **HealGrief**)
- ◆ [“Honoring a Life”](#) which has “tips on how to create meaningful eulogies and obituaries, and get ideas for ways to pay tribute to a

loved one” (from **Legacy**)

- ◆ [“100+ Best Celebration of Life Ideas!”](#) (from **Love Lives On**)
- ◆ [“Proper Funeral Etiquette for Estranged Family Members”](#) (from **LoveToKnow**)
- ◆ [“Creative Ways to Remember a Loved One: 25 Cool Ideas”](#) (from **LoveToKnow**)
- ◆ [“Mourning Option A”](#) by Sheryl Sandberg. Former Facebook COO Sheryl Sandberg recounts the first 30 days following her husband’s sudden death, and voices her determination to make a good life for herself and her children. (from **Modern Loss**)
- ◆ [“An Ice Cream Truck at the Funeral,”](#) an article that describes meaningful ways to incorporate food and drink into a funeral (from **Modern Loss**)
- ◆ [“7 Ways to Accommodate Little Kids at a Funeral”](#) (from **Modern Loss**)
- ◆ [Resources on funerals, memorials, and farewells](#) (from **My Grief Connection**)
- ◆ [“Eco-Friendly Products – How to Green Your Funeral,”](#) an article that “breaks down the differences between a green funeral and a “traditional” one,” and provides guidance for creating the funeral that’s just right for you.” (from **The Order of the Good Death**)
- ◆ [“Green Burial,”](#) which describes the environmental impact of traditional burial practices and provides information about what a green burial entails (from **The Order of the Good Death**)
- ◆ [“Green Death Technology”](#) (from **The Order of the Good Death**)
- ◆ [“Planning Your Baby’s Funeral”](#) (from **Still Standing Magazine**)
- ◆ [“40 Special Ways to Honor Your Child”](#) (from **Still Standing Magazine**)
- ◆ [“10 Ways to Honor Your Miscarried Baby on Their Due Date”](#) (from **Still Standing Magazine**)
- ◆ [“Memorializing,”](#) which gives advice on how to honor a loved one who has died and provides specific examples on how to make memories last (from **Sudden**)
- ◆ [“64 Ways to Honor Deceased Loved Ones”](#) (from **What’s Your Grief?**)
- ◆ Articles such as [“Should Children View the Body of Loved One?”](#) and [“Should Children Attend a Funeral?”](#) (from **Winston’s Wish**)

❖ **Stories:**

- ◆ [“The 9 Things No One Tells You About Scattering Ashes”](#) (from

## Modern Loss)

- ❖ **Websites:**
  - ◆ [Empathy](#)
    - Empathy’s mission is “to change the way the world deals with loss.”
  - ◆ [Farewelling](#)
    - Farewelling aims to help individuals who are planning funeral or memorial services for their deceased loved ones. They also provide resources for people who are interested in planning their own services in advance.
  - ◆ [Cake](#)
    - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”
  
- Handling the Estate/Belongings/Financial Issues
  - ❖ **Resources:**
    - ◆ Articles regarding financial issues such as “[How to File a Tax Return for a Deceased Taxpayer](#)” and “[What Happens to Your Debt When You Die?](#)” Available in English and Spanish (from **AARP**)
    - ◆ “[Parting with a Loved One’s Belongings](#)” (from **AfterTalk**)
    - ◆ Blog posts on [home & belongings, wills & probate, closing and managing accounts](#), and [death certificates](#) (from **Cake**)
    - ◆ A blog post entitled “[9 Things to Do with Your Wedding Ring After a Spouse's Death](#)” (from **Cake**)
    - ◆ “[What Happens If You Die without a Will?](#)” (from **The Conversation**)
    - ◆ Articles on topics including how to [apply for benefits, manage bills and debt, prevent identity theft, manage accounts, deal with personal belongings, manage property and assets, search for documents, handle taxes, manage the deceased’s housing, handle the will](#), and [probate the estate](#) (from **Empathy**)
    - ◆ A blog Post entitled “[Sifting and Sorting a Loved One’s Personal Belongings](#)” (from **Grief Healing**)
    - ◆ “[What Happens to My Crypto If I Die?](#)” (from **Lantern**)
    - ◆ “[How To: Sort Through What’s Left Behind](#)” (from **Modern Loss**)
    - ◆ “[How To: Avoid Family Conflict When There’s No Estate Plan](#)” (from **Modern Loss**)



- ◆ [“Tips for Dealing with a Spouse’s Belongings”](#) (from **Open to Hope**)
- ◆ [“When Death Brings Out the Worst: Family Fighting After a Death”](#) (from **What’s Your Grief?**)
- ❖ **Stories:**
  - ◆ [“Survivor Gilt,”](#) a cartoon strip that illustrates some creative ways of repurposing your loved one’s possessions (from **Modern Loss**)
  - ◆ [“Cleaning a Home after Loss with Avoidance and Humor”](#) (from **Modern Loss**)
  - ◆ [“What to Keep When Someone Dies”](#) (from **Modern Loss**)
  - ◆ [“Grieving and Purging.”](#) A widow describes how she dealt with her husband’s possessions (from **Modern Loss**)
  - ◆ [“The Lives Left Behind: How Do We Pack Up Our Child’s Belongings?”](#) A mother processes going through her child’s belongings after their death, the meaning behind the belongings, and seven things to keep in mind during the process. (from **Still Standing Magazine**)
- ❖ **Websites:**
  - ◆ [Empathy](#)
    - Empathy’s mission is “to change the way the world deals with loss.”
  - ◆ [Cake](#)
    - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”

## Understanding Grief

- What is Grief?
  - ❖ **Resources:**
    - ◆ A weekly [question and answer column](#) hosted by Robert A. Neimeyer, Ph.D., Director of the [Portland Institute for Loss and Transition](#) and “one of the foremost authorities on bereavement and grief” on topics such as [“My Daughter was Murdered...,”](#) [“Mom Has Turned \[Her\] Bedroom Into A Shrine to My Departed Father,”](#) and [“Spouses Grieving Loss of a Daughter Differently”](#) (from **AfterTalk**)
    - ◆ The [“AfterTalk Blog,”](#) which has posts about specific topics e.g., emotional triggers, pet loss, etc. (from **AfterTalk**)

- ◆ [“There Are No ‘Five Stages’ of Grief”](#) (must have a subscription) (from **The Atlantic**)
- ◆ [“10+ Grief Support Blogs to Read Today,”](#) a list of ten grief support blogs and an overview of their focus (from **Cake**)
- ◆ A blog post entitled [“Meaning-Making in Life & Death: How It Works”](#) (from **Cake**)
- ◆ [Grief and Mourning Basics](#), which answers questions such as “What is Grief?” and “What is Mourning?” (from **Center for Loss & Life Transition**)
- ◆ [“Helping Yourself Heal When Someone Dies”](#) (from **Center for Loss & Life Transition**)
- ◆ [“Mustering the Courage to Mourn”](#) (from **Center for Loss & Life Transition**)
- ◆ [“You’re Not Going Crazy - You’re Grieving!”](#) (from **Center for Loss & Life Transition**)
- ◆ [“Helping to Dispel 5 Common Misconceptions About Grief”](#) (from **Center for Loss & Life Transition**)
- ◆ [“Grief Feelings”](#) including shock, disbelief, disorganization, confusion, guilt and others (from **Center for Loss & Life Transition**)
- ◆ [“The Journey Through Grief: The Six Needs of Mourning,”](#) which describes the “six ‘yield signs’ you are likely to encounter on your journey through grief” (from **Center for Loss & Life Transition**)
- ◆ [“26 Best Books on Grief for 2022.”](#) In addition to books about grieving after a death, the list includes the science of grieving, grieving a sudden loss, grieving the loss of a child, and children’s books about grief. (from **Choosing Therapy**)
- ◆ [“The Burden of the Black Mother,”](#) an article describing the pressures placed on Black mothers to express their grief publicly and thus provide a call to action. (from **THE CUT**)
- ◆ [“Dismantling Three Grief Myths”](#) dispels common misconceptions about grief such as that we grieve in stages or there is only one way to grieve (from **Dougy Center**)
- ◆ Information about [“Understanding Grief,”](#) which describes how “handling grief takes time” (from **eCondolence**)
- ◆ [“Best Grief Books for Adults: 18 and Older”](#) (from **Eluna**)
- ◆ [“Is There a Right Way to Grieve?,”](#) an article that describes “steps to relieving social pressure around grief” and how to “take stock of your emotions” (from **Empathy**)
- ◆ [“Grief Triggers,”](#) which discusses “what to remember when

- everyday things cause pain” (from **Empathy**)
- ◆ Information about bereavement in “[Bereavement Facts and Figures](#)” (from **Evermore**)
  - ◆ [Grief and Loss](#) page features articles such as “[23 Common Questions Around Grief](#)” and “[Types of Grief Explained](#)” (from **Farewelling**)
  - ◆ “[How Grief Affects You \(Better Understand Grief\)](#),” which describes how grief affects people “emotionally, physically, spiritually, intellectually, and socially” (from **Good Grief**)
  - ◆ “[Misconceptions About the Five Stages of Grief](#),” e.g., that “they must happen in linear order” and “everyone goes through all five of them” (from **Grief.com**)
  - ◆ “[Understanding Grief and Loss: An Overview](#)” (from **HealGrief**)
  - ◆ “[Disenfranchised Grief: When No One Seems to Understand Your Loss](#),” which describes examples and symptoms of disenfranchised grief, as well as how to cope and find support (from **Healthline**)
  - ◆ “[Coping with Grief and Loss](#),” which describes the grieving process, physical symptoms of grief, and how to take “care of yourself as you grieve” (from **HelpGuide**)
  - ◆ “[Bereavement: Grieving the Loss of a Loved One](#),” which covers such topics as “What is bereavement?,” “Understanding the grief of losing a loved one,” “Seek support,” “Celebrate your loved one’s life,” and “When the pain of bereavement doesn’t ease up” (from **HelpGuide**)
  - ◆ “[How People of Color Can Experience Grief Differently than White People](#)” (from **HUFFPOST**)
  - ◆ [Living with Grief](#) has many articles about grief and loss, such as “[What is Disenfranchised Grief?](#)” and “[Understanding Mourning: The Six Needs of Mourning](#)” (from **Legacy**)
  - ◆ “[13 Grief Blogs to Help You Through Hard Times](#)” (from **LovetoKnow**)
  - ◆ “[6 Grief Books That Actually Helped](#),” which includes a review of each book (from **Modern Loss**)
  - ◆ “[How Men Grieve](#)” (from **Next Avenue**)
  - ◆ A [link to view the Speaking Grief documentary](#), which validates a griever’s experience that there is no right way or wrong way to grieve (from **Speaking Grief**)
  - ◆ Articles and videos on how to [understand grief](#) (from **Speaking Grief**)

- ◆ [“Grief vs. Depression. Which Is It?”](#) (from **Verywell Mind**)
- ◆ [“10 Secrets of Grief”](#) videos share “core ideas about grieving,” such as “You are not going crazy” and “People die, but relationships live on” (from **Waves of Grief**)
- ◆ [“Insights on Grieving Well: What It Helps to Know,”](#) an article that debunks popular myths about grief and offers those who are mourning “confidence and reassurance that you can survive this loss even on the worst days” (from **Waves of Grief**)
- ◆ [“What are Stuck Points in Grief?”](#) (from **What’s Your Grief**)
- ◆ [“Grief Emotions Aren’t Good or Bad, They Just Are,”](#) an article that offers strategies to deal with painful emotions (from **What’s Your Grief?**)
- ◆ [“Grief is Not a Mental Disorder”](#) and [“The Myth of ‘Stages of Grief’”](#) (from **Willow House**)

- Grief Podcasts

- ❖ Resources:

- ◆ A blog post entitled [“16 Best Podcasts About Death, Grief & End of Life”](#) (from **Cake**)
    - ◆ [“All There Is with Anderson Cooper,”](#) a podcast “about the people we lose, the people left behind, and how we can live on – with loss and with love.” (from **CNN.com**)
    - ◆ [“21 Best Grief Podcasts for 2023”](#) (from **Choosing Therapy**)
    - ◆ [“Podcasts for Grief and Loss”](#) (from **Cruse Bereavement Support**)
    - ◆ [“Grief Out Loud,”](#) a podcast which is described as “a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals” (from **Dougy Center**)
    - ◆ [“Mindfulness and Grief Podcast”](#) (from **Eluna**)
    - ◆ [“3 Best Podcasts to Listen to When You Are Grieving”](#) (from **Eterneva**)
    - ◆ [“10 Grief Podcasts to Help with Your Healing Journey”](#) (from **Farewelling**)
    - ◆ A list of [Podcasts](#) (from **Growing with Grief**)
    - ◆ [“Grief Download: 5 Podcast Episodes You Need to Hear”](#) (from **Modern Loss**)
    - ◆ [“Anderson Cooper Explores Grief and Loss in Deeply Personal Podcast”](#) (must have a subscription) (from **The New York Times**)

- ◆ [“Open to Hope Podcast,”](#) which features personal stories of those struggling with grief (from **Open to Hope**)
- ◆ [“The 8 Best Podcasts for Widows”](#) (from **Podyssey**)
- ◆ [“17 of the Best Grief Podcasts to Help You Through This Difficult Time”](#) (from **Scary Mommy**)
- ◆ [What’s Your Grief Podcast,](#) which is described as “grief support for those who like to listen” (from **What’s Your Grief?**)

## • Grief Apps

 [Actively Moving Forward AMF®](#) 4.8 ★

This app is for young adults and college students and has connected, supported, and empowered grieving young adults to “actively move forward” in memory of their loved one. The app requires registration. Free.

 [Alkeme: Black Mental Health](#) 5.0 ★

This is a Black wellness company that provides access to health and wellness tools “needed to empower, heal, and thrive.” The app is free and provides additional free content to those who register.

 [Apart of Me](#) 4.6 ★

This award-winning app is intended to support children and adolescents who have lost a loved one. It is a “therapeutic game created by experts in child psychology and bereaved young people.” Free.

 [CoachRev](#) 5.0 ★

This app is designed to provide “coaching and support for dying, death, grief, and resilience. When it is time to plan a funeral or memorial service, or other life celebration, CoachRev is your go-to source for poems, readings, answers to your questions.” Free.

 [Empathy – Loss Companion](#) 4.6 ★

This award-winning app offers guidance and “dedicated support around-the-clock” to help families navigate the practical aspects of the loss, including financial, legal, emotional, or logistical issues they might be

facing. The app offers basic features for free; premium features such as dedicated support are available for a fee.

 [GriefCare for Families](#) 4.5 ★

This app “provides evidence-based information and learn-by-doing activities to help parents and caregivers...manage bereavement-related parenting stress.” Users must create an account to gain access to the material. Free.

 [Grief Cocoon](#) 5.0 ★

The developers have attempted to create “a warm and welcoming place where you don’t have to grieve alone.” The app offers connection with those who have experienced a similar loss, as well as events, workshops, and free and low-cost online courses.

 [Grief Refuge](#) 4.6 ★

“Your daily companion to help navigate the grief journey.” Includes daily grief meditations and reflections. Helps you to “feel supported throughout the journey.” Free. Offers In-App Purchases

 [Grief Relief Nation](#) 5.0 ★

“Receive support, encouragement, tools for recovery. Find communities of people with the same type of loss as yours. You can also connect with and learn from certified grief coaches.” The app offers basic features for free; premium features are available for a fee.

 [Grief Works Self Care & Love](#) 4.7 ★

An award-winning app that offers tools to process your grief and manage your emotions. Live one-to-one text chat with counselors, and the opportunity to connect with others going through similar experiences. The App offers basic features for free; premiums features are available for a fee.

 [Pet Loss](#) 5.0 ★

This app was developed for people who are grieving the loss of their pets and provides resources for the following pets: dogs, cats, birds, fish,

small animals, reptiles, and livestock. The app’s objectives are “support grieving pet owners with information, education and resources by the type of pet loss experienced.” Free.

 [Pet Loss Hope & Healing](#) 5.0 ★

This app provides “expert advice through the phases of your pet’s life pertaining to health issues and behavior problems as well as ongoing pet loss support, afterlife insights, animal communication tips, [and] steps to move through grief.” This app is free and provides additional free content to those who register.

 [Pregnancy After Loss App](#) 4.7 ★

This app is “the first app for parents who are conceiving after a loss with 20+ coping skills, and the ability to track pregnancy progress tailored to the unique emotional experience of experiencing both the joy and grief during your pregnancy that can follow a loss.” The app is free with account registration.

 [Red Bird Ministries](#) 4.9 ★

This Catholic faith-based app is “unique community designed to offer support to ordinary families who are experiencing an extraordinary cross: the loss of a child.” The app is available to those of all faiths and has “resources to help our families heal, offer course content for teaching about grief, and connect our families with trusted psychologists and spiritual leaders across the nation.” Free. Offers In-App Purchases

 [Sands Bereavement Support](#) 4.9 ★

Sands developed this app “for parents and families who have experienced the death of a baby. It aims to help bereaved parents find the right information and support at the right time.” The app provides various types of information, such as “how to say goodbye to your baby,” returning to work, and more. Local support groups are provided based in the UK. Free.





### [The Self-Compassion App](#) 4.8 ★

This app was developed by leading authorities on self-compassion. Their goal is to help people treat themselves with the same level of kindness and care as they treat their close friends. The app helps people to “reduce stress, anxiety and self-criticism, and to improve mood, well-being and self-confidence.” Free.



### [Untangled Grief](#) 4.8 ★

This app provides the opportunity to “meet people facing similar struggles” as well as “daily wellness tools to help you cope.” Free. Offers In-App Purchases



### [Virtual Grief Support](#) 5.0 ★

This app offers “free virtual peer-led grief support groups by type of loss experienced... Also assists you in keeping a journal and offers support from others who are grieving.” The App offers basic features for free; premium features are available for a fee.

## • Emotions

### ❖ Guilt

#### ◆ Resources:

- [“Anger May Fade to Sadness and Regrets After Caregiving Ends”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Understanding the Guilt of Grief,”](#) which explores the feeling of guilt in grief, both as a helpful and unhelpful emotion (from **AfterTalk**)
- [“How to Cope with Guilt and Regrets and Feel Better Over Time”](#) (from **AfterTalk**)
- A blog post entitled [“10 Tips for Dealing With Grief, Guilt & Regret”](#) (from **Cake**)
- [“How to Cope with Guilt While Grieving: 8 Tips from a Therapist,”](#) which normalizes the feeling of guilt during grief and offers strategies to cope (from **Choosing Therapy**)
- [“Dealing with Guilt During Grief”](#) (from **Empathy**)

- A blog post entitled “[Guilt and Regret Following the Death of a Friend](#)” (from **Grief Healing**)
  - A blog post entitled “[Feeling Guilty for Feeling Happy](#)” (from **Grief Healing**)
  - “[How to Cope with COVID-19 Survivor’s Guilt](#),” which describes the symptoms that accompany survivor’s guilt (e.g., “obsessive thoughts, sleep difficulties, depressive symptoms, and a loss of motivation) and ways to cope (from **Healthline**)
  - “[Role of Guilt in Sibling Loss](#)” (from **Open to Hope**)
  - [Keeping Guilt in Its Proper Place: Healing After a Loved One’s Suicide](#)” (from **Our Side of Suicide**)
  - Grief and guilt, including articles such as “[Guilt and Grief: Coping with the Shoulda, Woulda, Couldas](#),” “[Guilt and Grief: Making A Living Amends](#),” “[Guilt vs Regret in Grief](#),” and “[Understanding Survivor Guilt](#)” (from **What’s Your Grief?**)
  - “[Grief Secrets](#),” which “we keep tucked away out of shame, embarrassment, or guilt”; sharing them “create[s] space for support and connection” (from **What’s Your Grief?**)
- ◆ **Story:**
- “[Karyn and Aiden – The What If Game and Guilt](#).” In a video, a couple who lost a child discuss the “What if” game and the guilt that takes its toll on their relationship. (from **Grief Stories**)
  - “[After My Daughter’s Death, on Guilt and Apologies](#).” A man describes the survivor’s guilt that he and his wife experienced in the wake of losing their six-year-old daughter to brain cancer (from **Modern Loss**)

❖ **Sadness / Depression**

◆ **Resources:**

- “[Coping with Depression After a Loved One’s Death](#),” which discusses the sadness and depression that can be a part of grief and how to take care of yourself (from **Healthline**)
- “[Grief vs. Depression: Which Is It?](#),” an article that helps distinguish grief symptoms from depression, which can often appear quite similar (from **Verywell Mind**)

◆ **Websites:**

- [Anxiety and Depression Association of America \(ADAA\)](#)
  - The Anxiety and Depression Association of America is “an international nonprofit membership organization dedicated

to the prevention, treatment and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.”

## ❖ Anger

### ◆ Resources:

- [“Anger May Fade to Sadness and Regrets After Caregiving Ends”](#) in [English](#) and [Spanish](#) (from **AARP**)
- A blog post entitled [“How to Deal with Anger After a Miscarriage”](#) (from **Cake**)
- [“Understanding Anger and Grief in Children,”](#) which presents anger, frustration, and stress as a normal emotions for grieving children (from **Eluna**)
- [“When You’re Angry at Someone Who’s Gone”](#) (from **Empathy**)
- A blog post entitled [“Acknowledging Jealousy and Anger”](#) (from **Grief Healing**)
- [“Anger and Grief](#) (from **Hospice Foundation of America**)
- [“Why We Need to Talk About Anger in Grief,”](#) which highlights specific thoughts related to anger and grief and how to make sense of anger while grieving (from **Marie Curie**)
- [“Is Anger a Symptom of Grief?,”](#) which normalizes feeling angry while grieving and how it might be a central process to your grief (from **PsychCentral**)
- [“5 Power Tools to Reset Grief’s Anger,”](#) which discusses the anger that often accompanies grief and gives 5 strategies for how to regulate yourself when anger and grief are present (from **Psychology Today**)
- [“Why Does Grief Make You Angry at Friends and Family?”](#) (from **What’s Your Grief?**)

### ◆ Story:

- [“The Upside of Anger.”](#) A woman explains how she used her “all-encompassing anger as a force for good” after her mother died from an illness. (from **Modern Loss**)
- [“Angry and Grateful at the Same Time?”](#) A man who lost his wife recounts the reasons why he was angry following her death and explains how these feelings interfered with feeling grateful and moving forward. (from **National Widowers Organization**)

## ❖ Anxiety/Fear

### ◆ Resources:

- [“In the Aftermath of Suicide, Fear is Normal”](#) (from **Alliance of Hope**)
- A blog post entitled [“How to Deal with Grief and Anxiety at the Same Time”](#) (from **Cake**)
- A blog post entitled [“Anxiety Attacks in Grief: Tools for Coping”](#) (from **Grief Healing**)
- [“10 Ways to Overcome Grief-Related Anxiety”](#) (from **Modern Loss**)

### ◆ Website:

- [Anxiety and Depression Association of America \(ADAA\)](#)
  - The Anxiety and Depression Association of America is “an international nonprofit membership organization dedicated to the prevention, treatment and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.”

## ❖ Relief

### ◆ Resources:

- [“Is It OK to Feel Relieved After a Loved One Dies?”](#) an article that focuses on caregiver relief and guilt during grief (from **Cake**)
- [“Ambivalent Loss,”](#) which describes one woman's feelings of relief after the death of her mean and intolerant husband, and guilt for not missing him more (from **Hospice Foundation of America**)
- [“Relief After a Death: The Unspoken Grief Emotion,”](#) which describes myths vs. realities associated with feelings of relief after a loved one dies (from **What’s Your Grief?**)

## ❖ Feeling Numb

### ◆ Resources:

- [“Feeling Numb After a Loved One’s Death? 10 Tips”](#) (from **Cake**)
- [“Feeling Numb After Someone You Love Dies”](#) (from **Empathy**)
- [“Emotional Numbness and Grief: Why Don’t I Feel Anything?”](#) which discusses the immediate numbness following loss and how emotions evolve over time (from **Marie Curie**)

- [“Numbed Out: When Feelings Freeze Up After a Bereavement,”](#) which includes 4 myths about numbness as a grief response (from **Psychology Today**)
- [“Feeling Nothing During Grief: The Experience of Emotional Numbness”](#) (from **What’s Your Grief?**)

- Coping Strategies

- ❖ **Resources:**

- ◆ Guidance about journaling in [“7 Ways to Use Writing to Cope with Grief”](#) (from **AfterTalk**)
    - ◆ [“How to Take Control and Experience Happiness Again by Getting Organized and Setting Goals After Loss”](#) (from **AfterTalk**)
    - ◆ [Private Conversations](#), which is “a secure, private place where you can write to someone you cared about and miss.” Bereaved individuals can save what they have written along with photos and videos. (from **AfterTalk**)
    - ◆ A blog post entitled [“9 Things to Do When Overwhelmed by Grief Attacks”](#) (from **Cake**)
    - ◆ A blog post entitled [“Feeling Stuck in Your Grief After a Death? 10 Tips to Help”](#) (from **Cake**)
    - ◆ A blog post entitled [“10 Free Meditation Videos for Grief and Loss”](#) (from **Cake**)
    - ◆ A blog post entitled [“How to Practice Gratitude When You’re Grieving”](#) (from **Cake**)
    - ◆ A blog post entitled [“10 Best Places to Find Free Yoga for Grief Videos”](#) (from **Cake**)
    - ◆ A blog post entitled [“24 Best Books About Coping with Grief & Pain from Loss”](#) (from **Cake**)
    - ◆ A blog post entitled [“How to Recognize Your Grief Triggers: Step-By-Step”](#) (from **Cake**)
    - ◆ A blog post entitled [“10 Tips for Coping with Loneliness After a Death”](#) (from **Cake**)
    - ◆ [“Healing Milestones,”](#) which describes things that may derail the grieving process, and offers suggestions to overcome them. (from **The Center for Complicated Grief**)
    - ◆ [“The Importance of Hope”](#) (from **Center for Loss & Life Transition**)
    - ◆ [“On the Journey to Healing: Seek Reconciliation, Not Resolution”](#)

(from **Center for Loss & Life Transition**)

- ◆ [“Making It Through Together: Ritual Collection for Life-after-loss,”](#) a compendium of “spiritual and cultural rituals and practices that people throughout time have used to navigate loss and life after loss” (from **The Dinner Party**)
- ◆ [“How Journaling Can Help with Grief”](#) (from **Empathy**)
- ◆ [“Talking to a Loved One Who Has Died,”](#) which describes how common it is for people to talk with their deceased loved one, and discusses why such conversations may be beneficial (from **Empathy**)
- ◆ [“Tips for Grieving Seniors From Seniors Who’ve Been There”](#) (from **Farewelling**)
- ◆ A blog post entitled [“Anxiety Attacks in Grief: Tools for Coping”](#) (from **Grief Healing**)
- ◆ [“Exploring Art for Healing”](#) (from **Grief Stories**)
- ◆ [“Music for Healing”](#) (from **Grief Stories**)
- ◆ Blog posts such as [“How to Feel Gratitude Again, After a Death Loss,”](#) which highlights the power of gratitude as a healing tool (from **HealGrief**)
- ◆ [Meditation routines](#) such as “Bedtime Meditation for Sleep,” “Coping with Uncertainty Meditation,” and “Body Scan Meditation” (from **HelpGuide**)
- ◆ [Grief Resources](#) page has links to an online video library, a suggested reading list, and articles for caregivers, adults, and children/teens (from **Hospice and Community Care**)
- ◆ [“Meditation for Grief & Loss,”](#) which describes meditation, the benefits of a meditation practice, and provides sample meditations, such as one entitled “Meditation for Grief & Sadness” (from the **Mindfulness & Grief Institute**)
- ◆ [“6 Steps to Create a Daily Yoga for Grief Practice”](#) (from the **Mindfulness & Grief Institute**)
- ◆ [Grief and the Body](#) has links to resources on such topics as sleep, exercise and eating well. (from **My Grief Connection**)
- ◆ [“How to Find a Mental Health App That Works for You”](#) (must have a subscription) (from **The New York Times**)
- ◆ [“How to Start Healing During a Season of Grief”](#) (must have a subscription) from **The New York Times**)
- ◆ [Strength in Numbers](#) provides short videos describing resources that the bereaved have found helpful and why (e.g., grief

- counseling, support groups, and journaling) (from **Speaking Grief**)
- ◆ Information about [Grief and Bereavement](#), including “[27 Ways to Heal When Dealing with a Loss](#)” and “[When Grief Becomes Dangerous](#)” (from **VITAS Healthcare**)
  - ◆ “[Nature Does You Some Good as You Grieve, and Science Can Prove It](#),” a blog post on the benefits of being in nature or even looking at images of nature when one attempts to cope with loss (from **Waves of Grief**)
  - ◆ “[Using Rituals to Remember a Loved One’s Life](#),” an article that highlights how “rituals serve as our way of maintaining a connection with or cherishing the memory of, our loved one after they are gone” (from **Wendt Center for Loss and Healing**)
  - ◆ “[Retail Therapy While Grieving: Coping with Grief and Comfort Shopping](#)” (from **What’s Your Grief?**)
  - ◆ “[Grief and Concentration: 8 Tips for Coping with an Inability to Focus](#)” (from **What’s Your Grief?**)
  - ◆ “[64 Tips for Coping with Forgetfulness in Grief](#)” (from **What’s Your Grief?**)
- ❖ **Stories:**
- ◆ “[Voices of Experience](#),” blog posts “reflecting the authors’ personal experiences of loss,” such as “A Glimpse of Life After Loss” and “Are You Still Mine?” (from **Grief Healing**)
  - ◆ “[Riding and Hiding in My Griefmobile](#).” The author describes the virtues of having a private place to grieve. (from **Modern Loss**)
  - ◆ “[The Things We Do for Grief: Marathons, Memoirs & More](#)” (from **Modern Loss**)
  - ◆ “[Mourning Option A](#)” by Sheryl Sandberg. Former Facebook COO Sheryl Sandberg recounts the first 30 days following her husband’s sudden death, and voices her determination to make a good life for herself and her children. (from **Modern Loss**)
  - ◆ Over 7,000 [articles](#) to support those who have experienced the death of a loved one. Examples include “How to be Grateful in Grief” and “Viewing the Body: Does It Help or Harm?” (from **Open to Hope Foundation**)
  - ◆ “[The Attitude We Bring to the Table, Our Coping Ability, and Our Future, is Completely within Our Control](#).” A woman describes how she is dealing with her grief through exercise and helping others. (from **Option B**)
  - ◆ WAY Members share how [dogs](#) have helped them with their grief



(from **Widowed and Young**)

- ◆ WAY Members share how [cats](#) have helped them with their grief (from **Widowed and Young**)

❖ **Websites:**

- ◆ [AfterTalk](#)

- AfterTalk was created as a place for comfort and sharing for those who have experienced loss or are supporting a loved one in hospice care.

- ◆ [At A Loss](#)

- At a Loss “was founded in 2016 by Yvonne Richmond Tulloch to ensure that every bereaved person in the UK can find the support that they need.”

- ◆ [Center for Loss & Life Transition](#)

- The Center for Loss & Life Transition is “dedicated to helping people who are grieving and those who care for them.”

- ◆ [Children’s Bereavement Center](#)

- “Children’s Bereavement Center's mission is to empower children, young adults and their families to adjust to life after the loss of a loved one within a supportive community of their peers and to promote healthful grief, healing and growth.”

- ◆ [The Compassionate Friends](#)

- “The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.”

- ◆ [Cruse Bereavement Support](#)

- Cruse Bereavement Support “is the leading national charity for bereaved people in England, Wales and Northern Ireland.”

- ◆ [eCondolence](#)

- “The information and tools available on eCondolence seek to clarify the questions and offer reliable answers for those who are grieving or who want to help someone who is.”

- ◆ [Evermore](#)

- “Evermore is making the world a more livable place for bereaved families. Evermore is an emerging movement of concerned citizens who believe that bereavement care in America is broken. We are committed to an America where all families and professionals have access to care, programs, tools, policies and resources to respond and adjust to loss.”

- ◆ [Good Grief](#)
  - “Good Grief provides direct support to grieving children and youth, educates communities, and advocates on behalf of the bereaved.”
- ◆ [The Good Grief Trust](#)
  - “All of us at The Good Grief Trust have lost someone we love, so we want to help you find the support you need as quickly as possible. You will find stories from others who have had a similar loss” as well as “practical and emotional support.”
- ◆ [Grief.com](#)
  - “Helping others heal from grief is our mission. We serve family, friends and professionals with videos, books, workshops and speaking engagements.”
- ◆ [Grief Healing](#)
  - The purpose of Grief Healing is to provide “useful information on care giving, grief and transition – for anyone coping with a loss.”
- ◆ [Grief in Common](#)
  - Grief in Common “provides a place for grief. Where is grief allowed to happen? At work? At home? Is there always a place even amongst our closest family and dearest friends to feel validated and understood? Grief in Common is that place. By creating a profile that outlines who you are, who you’ve lost and the circumstances surrounding that loss, our hope is that you will find a connection with someone who understands.”
- ◆ [HealGrief](#)
  - “HealGrief is a social support network creating community after a loved one has died. Everything we do is inspired by our core belief that no one should ever grieve alone.”
- ◆ [International Society for Traumatic Stress Studies \(ISTSS\)](#)
  - ISTSS is focused on expanding information about the impact of trauma and providing resources to reduce it.
- ◆ [Cake](#)
  - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”
- ◆ [Legacy](#)
  - Legacy.com is “the place where the world pauses to embrace the power of a life well-lived. We believe that a single life story can provide extraordinary inspiration, even after that person

has died. So, we champion every life, knowing it can connect us in unexpected, powerful ways.”

◆ [Modern Loss](#)

- Modern Loss is a website developed by two friends in the wake of their separate struggles with sudden traumatic loss. It is aimed at providing resources for the recently bereaved. Their goal was to create a site that encouraged people to engage in candid conversations about their loss, engage with a community of support from others who were grieving, and help them as they navigate “the long arc of loss and resilience.”

◆ [My Grief Angels](#)

- My Grief Angels’ “hope is that in these pages you, your family & your grief support network get access to information, articles, shared grief coping strategies, and grief support resources/directly available to help you to identify what YOU might need to navigate your own uncharted waters of Grief.”

◆ [MyGrief.ca](#)

- “MyGrief.ca is an online resource to help people move through their grief from the comfort of their own home, at their own pace. It can help you understand your grief and approach some of the most difficult questions that may arise.”

◆ [My Grief Connection \(MGC\)](#)

- My Grief Connection “is a supportive place for people who are dealing with grief and/or loss of any kind.”

◆ [Open to Hope Foundation](#)

- “Open to Hope is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”

◆ [Speaking Grief](#)

- This website is a companion to a documentary entitled *Speaking Grief*, which “explores the transformative experience of losing a family member in a death-and-grief-avoidant society.”

◆ [Waves of Grief](#)

- “Waves of Grief will introduce you to a number of new approaches [to cope with grief] and will encourage you to try them out. These new ways have the potential to put you in charge of your own grieving.”

- ♦ [Wendt Center for Loss & Healing](#)
    - “With nationally recognized expertise, the Wendt Center for Loss and Healing is a premier resource for restoring hope and healthy functioning to adults, teens and children who are coping with grief, loss and trauma in the Greater Washington region.”
  - ♦ [What’s Your Grief?](#)
    - The mission of What’s Your Grief is to “promote grief education, exploration, and expression in both practical and creative ways.”
- Prolonged Grief
    - ❖ Resources:
      - ♦ [“When the Grieving Process Gets Stalled,”](#) an article explaining that many people experience prolonged grief following the death of a loved one, and that COVID-19 has made this problem worse. Available in [English](#) and [Spanish](#) (from **AARP**)
      - ♦ [“Prolonged Grief Disorder”](#) (from the **American Psychiatric Association**)
      - ♦ [“Complicated Grief and Its Treatment”](#) (from **The Center for Complicated Grief**)
      - ♦ [“As COVID Deaths Rise, Lingering Grief Gets a New Name,”](#) an article describing Prolonged Grief Disorder (PGD), and explaining why those who lost a loved one during the pandemic are at risk to develop PGD. The author predicts that because so many people died during the pandemic, there will be a coming wave of severe bereavement. (must have a subscription) (from **The New York Times**)
      - ♦ [“Grief Is One Thing. Prolonged Grief Disorder is Another”](#) (from **Open to Hope**)
      - ♦ [“What Everyone Should Understand About Prolonged Grief Disorder”](#) (from **Psychology Today**)
      - ♦ [“Letting Go of a Relationship: Is Grief a Disorder?”](#) (from **Psychology Today**)
      - ♦ [“Grief Disorders and PTSD,”](#) which provides information about symptoms of Prolonged Grief Disorder. It also provides information about PTSD and describes how to determine if someone is suffering from PGD or PTSD. (from **Sudden**)

- ◆ [“What is Prolonged Grief Disorder?”](#) (from **Verywell Health**)
- ❖ **Story:**
  - ◆ [“Here’s When It’s Time to See Someone About Your Grief.”](#) A woman recounts how she sought therapy for prolonged grief following the death of her brother, and the many ways she benefited. (from **Self**)
- **Staying Connected**
  - ❖ **Resources:**
    - ◆ A blog post entitled [“How to Deal with Unsupportive Friends After a Death: 6 Tips”](#) (from **Cake**)
    - ◆ A blog post entitled [“How to Ask for Help at Work After a Death”](#) (from **Cake**)
    - ◆ [The Mourner’s Bill of Rights](#) (from **Center for Loss & Life Transition**)
    - ◆ [“Coping with Judgmental Attitudes,”](#) which focuses on the death of a son or daughter to such causes as drug overdose or suicide, describes the “trauma, conflict, and anxiety we may have suffered before our child died; the shame we may feel when our child has died in a way that others may consider anti-social; the guilt we may feel that we were not able to save them; and the frightening nature of our contradictory feelings” (from **The Compassionate Friends**)
    - ◆ [“Your Grief and the Insensitivity of Others”](#) (from **Empathy**)
    - ◆ A blog post entitled [“Feeling Let Down by Closest Friends”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“Responding to ‘How Are You?’”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“When A Friend Pulls Away”](#) (from **Grief Healing**)
    - ◆ A blog post entitled [“Feeling No Support in the Wake of Loss”](#) (from **Grief Healing**)
    - ◆ [“How To: Tell Friends What You Need”](#) includes tips for creating and maintaining a support network following the loss of a loved one (from **Modern Loss**)
    - ◆ [“How Many Children Do I Have Now?,”](#) an excerpt from [Standing on One Leg](#) (from **Open to Hope**)
    - ◆ [“How to Handle Insensitive Comments About Fertility”](#) (from **Penn Medicine**)

- ◆ [“Calling Out Insensitive Grief Comments”](#) (from **Teenage Grief Sucks**)
- ◆ [“4 Tips to Deal with People Who Say the Wrong Thing When You’re Grieving”](#) (from **What’s Your Grief**)
- ◆ [“Making Grief Friends”](#) (from **What’s Your Grief?**)
- ◆ [“What They Meant to Say: Looking Beyond Hurtful Comments”](#) (from **What’s Your Grief?**)
- ❖ **Stories:**
  - ◆ [“What Losing My Two Children Taught Me About Grief,”](#) A man and his wife write about being in a car crash and losing their two teenage children and the difficult process of finding words to convey grief and loss. (must have a subscription) (from **The Atlantic**)
  - ◆ [“Guess Who’s \(Not\) Coming to Dinner?,”](#) a story about how to survive social gatherings following the death of a loved one (from **Modern Loss**)
  - ◆ [“Losing Friends After Child Loss.”](#) A woman describes the difficulties in maintaining friendships with others following the death of a child. (from **Still Standing Magazine**)
  - ◆ [“Infertility Urban Myths.”](#) A woman explains how people struggling with infertility are barraged by others telling them how to get pregnant. (from **Still Standing Magazine**)

## Building Resilience

- **Resources:**
  - ❖ [“How to Take Control and Experience Happiness Again by Getting Organized and Setting Goals After Loss”](#) (from **AfterTalk**)
  - ❖ A blog post entitled [“How to Practice Gratitude When You’re Grieving”](#) (from **Cake**)
  - ❖ A blog post entitled [“Meaning-Making in Life & Death: How It Works”](#) (from **Cake**)
  - ❖ [“Strengthening Resilience Among Indigenous Youth Training”](#) (from **Center for American Indian Health**)
  - ❖ [“Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth”](#) (from **Mental Health Technology Transfer Center**)
  - ❖ [Ways to Facilitate Grief and Build Resilience in the Workplace](#) (from **The Dinner Party**)

- ❖ [Handouts](#) and videos for parents and professionals to help children become more resilient, including tips for practicing self-kindness and mindfulness and deep breathing exercises. (from **Good Grief**)
  - ❖ [Handouts](#) for parents to help children become more resilient, including support for [Mother's Day and Father's Day](#), [planning for](#) and [navigating the holidays](#) (from **Good Grief**)
  - ❖ TEDx Talk by Joe Primo, CEO of Good Grief, entitled "[Grief is Good](#)," who "speaks about grief as a process to embrace and how it creates a climate of hope and resilience" (from YouTube via **Good Grief**)
  - ❖ A blog post entitled "[Grief and Resilience: Suggested Resources](#)" (from **Grief Healing**)
  - ❖ "[How to Feel Gratitude Again, After a Death Loss](#)," which highlights the power of gratitude as a healing tool (from **HealGrief**)
  - ❖ "[Everybody Gets Mad: Helping Your Child Cope with Conflict](#)" (from **Healthychildren.org**)
  - ❖ "[Childhood Trauma: 3 Ways to Help Kids Cope](#)" (from **Healthychildren.org**)
  - ❖ "[How Children Understand Death & What You Should Say](#)," (from **Healthychildren.org**)
  - ❖ "['Resilient' Is Not a Four Letter Word](#)," which describes the importance of seeing new possibilities, and finding new sources of meaning, following the loss of a loved one (from **Modern Loss**)
  - ❖ [Resources](#) to "help you...through life's most challenging moments." (from **Option B**)
  - ❖ A Ted Talk entitled "[How to Find Meaning in Our Challenges](#)" (from **Option B**)
- **Stories:**
    - ❖ "[In Death There Is Also Beauty](#)." A woman writes about the loss of her husband and how her entire life as she knew it was upended, yet over time she was able to build a new life, emerge stronger, and see things in a brand new light. (from **Grief Narratives**)
    - ❖ "[An Ocean of Tears – Love and Loss](#)." A woman who lost both parents with 11 months of each other provides a narrative about coming to terms with loss and getting through the most painful aspects of grief. (from **Grief Narratives**)
    - ❖ "[After Losing the Love of My Life, I'm Dating for the First Time in Decades](#)." A man whose wife died of cancer describes why he started dating again, and discusses the difficult issues this raised for himself and his two daughters. (from **Healthline**)



- ❖ [“What My Dad’s Suicide Taught Me About Resilience.”](#) A man shares his insights about grief that he learned from his own experience as a result of losing his father to suicide. (from **Modern Loss**)
- ❖ [“Angry and Grateful at the Same Time?”](#) A man who lost his wife recounts the reasons why he was angry following her death and explains how these feelings interfered with feeling grateful and moving forward. (from **National Widowers Organization**)
- ❖ [“The Biggest Lesson I’ve Learned Thus Far Is to Wake Up Each Day and Show Up and Be Present.”](#) A woman reflects on the lessons she has learned since her husband’s death from a pulmonary embolism. (from **Option B**)
- ❖ [“Resilience Is Found When You Overcome the Ego and Let Go, Surrendering to a Greater Plan.”](#) A woman recounts losing her ten-year-old daughter to a rare disease and explains how her faith fostered her and her surviving family members’ resilience. (from **Option B**)
- ❖ [“There Is Both a Harsh Reality and a Profound Wisdom in Accepting That Some Losses Cannot Be Explained or Redeemed.”](#) A woman who lost her husband at age thirty-six shares her journey as a young widow and explains how she was able to move forward by letting go of the past. (from **Option B**)
- ❖ [“Sadness is Still There. Yet I Know Now I Can Keep Moving Forward. I Have Survived the Worst of Worst Years.”](#) A woman explains the pain of her first daughter being stillborn and describes how she was able to find peace and strength again. (from **Option B**)
- ❖ [“The Attitude We Bring to the Table, Our Coping Ability, and Our Future, Is Completely within Our Control.”](#) A woman describes how she is dealing with her grief through exercise and helping others. (from **Option B**)
- ❖ [“When You Go Through a Really Hard Time There Are Things That You Can Learn. And They Make You Stronger.”](#) A young woman describes the impact of losing her father at the age of five. (from **Option B**)
- ❖ [“Helping Other Families Gives Us a Focus Beyond Our Own Pain.”](#) A couple shares their story about how they have reached out to other families following the loss of their daughter to brain cancer. (from **Option B**)
- ❖ [“Grief Isn’t About ‘Closure.’ Nor is It Something to Overcome or Get Past. It’s Something to Lean Into, to Embrace.”](#) A daughter explains what her mother’s death taught her about resilience and growth.

(from **Option B**)

- ❖ [“To Me, My Mother Defines Resilience. She Had Such Strong Faith and Was a Very Giving and Positive Person.”](#) A daughter reflects on what her mom taught her growing up, and how this has helped her to move forward after her mother’s death. (from **Option B**)

- **Websites:**

- ❖ [Option B](#)

- ◆ Option B “is dedicated to helping you build resilience in the face of adversity—and giving you the tools to help your family, friends, and community build resilience too. Here, you can read and share personal stories, join groups for solidarity and support, and find information from experts.”

## Self-care

- **Resources:**

- ❖ [“The Do’s and Don’ts of Self-Care in Grief”](#) (from **AfterTalk**)
- ❖ A blog post entitled [“How to Practice Self-Care While Grieving: Step-By-Step”](#) (from **Cake**)
- ❖ A blog post entitled [“12 Tips for Using Mindfulness to Deal with Grief”](#) (from **Cake**)
- ❖ A blog post entitled [“Grief + Eating: How to Stay on Track After a Death”](#) (from **Cake**)
- ❖ A blog post entitled [“How to Deal with Grief & Insomnia: 12 Tips”](#) (from **Cake**)
- ❖ A blog post entitled [“How to Deal with Grief If You’re Exhausted: 10 Ways”](#) (from **Cake**)
- ❖ A blog post entitled [“10 Free Meditation Videos for Grief and Loss”](#) (from **Cake**)
- ❖ A blog post entitled [“10 Best Places to Find Free Yoga for Grief Videos”](#) (from **Cake**)
- ❖ A blog post entitled [“Why Does Grief Affect Sleep and What Can You Do About It?”](#) (from **Cake**)
- ❖ A blog post entitled [“6 Self-Care Practices for After a Miscarriage”](#) (from **Cake**)
- ❖ [“Nurturing Yourself When You’re Grieving,”](#) which describes the ways you can care for your physical, emotional, cognitive, social, and

spiritual needs (from **Center for Loss & Life Transition**)

- ❖ [“How Exercise or Movement Has Helped You”](#) (a video from **The Compassionate Friends**)
- ❖ A blog post entitled [“Meditation: Helpful to Those Who Grieve”](#) (from **Grief Healing**)
- ❖ [“My Self-Care Basket”](#) (from **Grief Healing**)
- ❖ [“Self-Care, When Grief Bubbles Up”](#) (from **Heal Grief**)
- ❖ [“The Practical Guide to Healing a Broken Heart,”](#) an article about heartbreak for reasons such as losing a loved one, the end of a relationship, job loss, and changing careers (from **Healthline**)
- ❖ [Meditation routines](#) such as “Bedtime Meditation for Sleep,” “Coping with Uncertainty Meditation,” and “Body Scan Meditation” (from **HelpGuide**)
- ❖ [“Meditation for Grief & Loss,”](#) which describes meditation, the benefits of a meditation practice, and provides sample meditations, such as one entitled “Meditation for Grief & Sadness” (from the **Mindfulness & Grief Institute**)
- ❖ [“6 Steps to Create a Daily Yoga for Grief Practice”](#) (from the **Mindfulness & Grief Institute**)
- ❖ [“9 Self-Care Tips for Grief: Reduce Your Suffering in Mind, Body & Spirit”](#) (from the **Mindfulness & Grief Institute**)
- ❖ [“It's Time to Build Your Self-Care Routine”](#) (from **Modern Loss**)
- ❖ [“How To: Cultivate Self-Compassion”](#) (from **Modern Loss**)
- ❖ [“Grief: Taking Care of Yourself After a Loss,”](#) an article that highlights “strategies to increase self-care while grieving a loss” (from the **National Center for PTSD**)
- ❖ [“How Massage Heals Grief”](#) (from **Open to Hope**)
- ❖ [“Practice Self-Compassion: How to Be Kind to Yourself”](#) (from **Option B**)
- ❖ [“Grief and Its Effect on Sleep”](#) (from **Sleep Foundation**)
- ❖ [“Balancing Work, Grief, and Self-Care”](#) (from **Still Standing Magazine**)
- ❖ [“Self-Care Tips for Black People Who are Really Going Through It Right Now”](#) (from Vice via **UCSF Department of Psychiatry & Behavioral Sciences**)
- ❖ [“7 Ways to Treat Yourself with Kindness While Grieving”](#) (from **What’s Your Grief?**)
- ❖ [“Yoga for Grief: An Introduction”](#) (from **What’s Your Grief?**)
- ❖ [“The Need for Self-Compassion in Grief”](#) (from **What’s Your Grief?**)
- ❖ [“64 Self-Care Ideas for People Who are Grieving”](#) (from **What’s Your**

### Grief?)

- ❖ [“Retail Therapy While Grieving: Coping with Grief and Comfort Shopping”](#) (from **What’s Your Grief?**)
- ❖ [“Grief, Money Beliefs, and Self-Care Splurges”](#) (from **What’s Your Grief?**)
- **Stories:**
  - ❖ [“When Self Care Looks Like Paying the Cable Bill,”](#) an article that suggests that dealing with practical tasks (like cleaning gutters, paying cable bills) can be a relief from other more emotional tasks while grieving (from **Modern Loss**)
  - ❖ [“Learning to Quiet My Mind.”](#) A mother describes the benefits of yoga and meditation after losing her son in a car accident. (from **Modern Loss**)
  - ❖ [“Just Sit \(and Other Simple Steps to Meditate Your Way Through Grief\).”](#) A woman describes how she used meditation to cope with her father’s death, and provides suggestions on how to meditate. (from **Modern Loss**)
  - ❖ [“It’s All ‘Grief Yoga’,”](#) discovering grief yoga after losing her husband (from **Modern Loss**)
  - ❖ [“Since My Dad’s Death, Running Has Become an Essential Way to Cope with My Grief.”](#) A woman describes how running helped her cope with grief after her dad’s death. (from **Well+Good**)
  - ❖ [“Pilates Helped Me Make Space for Grief – and Believe in My Strength Again – As a Young Widow.”](#) A young widow uses Pilates to help her deal with the death of her husband. (from **Well+Good**)
- **Website:**
  - ❖ [Sleep Foundation](#)
    - ◆ “We work under the premise that sleep is a pillar of health and that quality information about sleep promotes overall wellness. At SleepFoundation.org you’ll find comprehensive health information drawn from high-quality sources and reviewed by experts in the field. Our goal is to create dependable resources to help you take charge of your health and get the sleep you need and deserve.”

## Therapy

- **Resources:**
  - ❖ Articles About Therapy in General

- ◆ [“What is Grief Counseling? Techniques and How it Helps,”](#) an article that describes the benefits of grief counseling and provides counseling resources for children, teens, and adults (from **AfterTalk**)
- ◆ An article entitled [“Will Medicare Cover Grief Counseling?”](#) which explains Medicare’s reimbursement policy for those who seek grief counseling (from **AfterTalk**)
- ◆ [“What are the Different Types of Therapy,”](#) which provides information about types of therapy that are effective in dealing with anxiety and depression: Cognitive-Behavioral Therapy (CBT), Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), and Eye Movement Desensitization and Reprocessing (EMDR) (from **Anxiety & Depression Association of America**)
- ◆ [“Types of Mental Health Care Professionals,”](#) an article that describes different types of health care professionals such as psychiatrists, psychologists, and social workers (from **Anxiety & Depression Association of America**)
- ◆ [“10 Ways to Find Free or Low-Cost Grief Counseling Near You”](#) (from **Cake**)
- ◆ A blog post entitled [“9 Best Online Therapy & Counseling Services”](#) (from **Cake**)
- ◆ A blog post entitled [“What’s the Purpose of Grief Counseling? And What’s It Like?”](#) (from **Cake**)
- ◆ A blog post entitled [“What’s Grief Coaching? Programs, FAQs + More”](#) (from **Cake**)
- ◆ [“Grief Counseling: How it Works, What it Costs, & What to Expect”](#) (from **Choosing Therapy**)
- ◆ [“Finding Professional Help for Grief”](#) (from **Empathy**)
- ◆ [“How to Choose a Therapist”](#) (from **Farewelling**)
- ◆ [Explore Therapy](#), with information about therapy, such as [“Therapy Modes,”](#) [“The Elements of Good Therapy,”](#) and [“Common Therapy Issues”](#) (from **GoodTherapy**)
- ◆ [“Learn About Free Counseling and Affordable Therapy Options,”](#) an article that states that “financial challenges shouldn’t be a barrier to a healthier life” (from **GoodTherapy**)
- ◆ A blog post entitled [“When Counseling Isn’t Helping”](#) (from **Grief Healing**)
- ◆ A blog post entitled [“Are You Reluctant to Seek Counseling for](#)

[Grief?](#)” (from **Grief Healing**)

- ◆ [“Understanding Therapy for Grief and How It Can Help”](#) (from **Healthline**)
  - ◆ [“The Best Affordable or Free Online Therapy Services of 2023”](#) and [“Therapy for Every Budget: How to Access It”](#) (from **Healthline**)
  - ◆ [“When Do I Seek Professional Help?”](#) (from **Hospice Foundation of America**)
  - ◆ A list of [“Frequently Asked Questions”](#) such as “How do I look for a therapist?” and “Common questions to ask a therapist” (from **Latinx Therapy**)
  - ◆ [“How to Find the Right Therapeutic Support”](#) (from **Modern Loss**)
  - ◆ A guide to assist grieving individuals in selecting a therapist at [Finding the Right Grief Therapist or Counselor](#) (from **My Grief Connection**)
  - ◆ [“Choosing the Right Therapist for Your Child,”](#) which provides detailed information about how to choose a therapist for your child for any problem (not just grief) (from **PsychCentral**)
  - ◆ [“The 10 Best Affordable Therapy Options for 2023”](#) (from **PsychCentral**)
  - ◆ [“30 Reasons You May Need a Grief Therapist”](#) (from **Psychology Today**)
  - ◆ [“How to Find the Right Therapist for You”](#) (from **Real Simple**)
  - ◆ [“15 Things to Look for in a Therapist”](#) (from **U.S. News**)
  - ◆ [“Grief Counseling for Children,”](#) which explains how grief counseling can help your child to deal with loss (from **Verywell Family**)
  - ◆ [“Best Online Therapy Services of 2023,”](#) which rates online therapy services and describes their pros and cons. (from **Verywell Mind**)
  - ◆ [“10 Best Mental Health and Therapy Apps of 2023”](#) (from **Verywell Mind**)
  - ◆ [“How to Find a Therapist,”](#) which highlights “the importance of a good match” and questions to “consider who you might work best with” (from **Verywell Mind**)
- ❖ Articles About Therapy that Focus on African American/Black Individuals
- ◆ [“Effective Therapy with Black Women,”](#) which discusses the dual stressors Black women face with both racism and sexism, the

- expectation to be “Superwoman,” three keystones for culturally competent psychological interventions, and the importance of building community (from **American Psychological Association**)
- ♦ [“Counseling Individuals of African Descent,”](#) an article that reviews how institutionalized racism and race-based oppression has an impact on individuals of African descent through race-related and community-experienced trauma, as well as how counseling and intervention can offer support to heal from this trauma (from **Counseling Today**)
  - ♦ [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - ♦ [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - ♦ [“The Benefits of a Therapist Who Understands Your Cultural Background,”](#) an article that discusses the importance and benefits of having a therapist who understands your cultural background (from **JED Foundation**)
  - ♦ [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - ♦ [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - ♦ [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - ♦ [“More Black Men Are Seeking Help to Manage Their Grief”](#) (from **Next Avenue**)
  - ♦ [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
  - ♦ [Therapy for Black Girls](#) podcast, “a weekly conversation with Dr. Joy Harden Bradford, a licensed Psychologist in Atlanta, Georgia, about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.” (from **Therapy for Black Girls**)
  - ♦ [Therapy for Black Men](#), a resource that includes a database of therapists specializing in supporting men of color
  - ♦ [“Common Counseling Challenges for African-Americans”](#) describes four challenges for African-Americans trying to finding counseling (from **Thriveworks**)
  - ♦ [Black Men Heal](#) “provides access to mental health treatment, psycho-education, and community resources to men of color.”



- ❖ Articles About Therapy that Focus on Asian American/Pacific Islander Individuals
  - ◆ [Ask a Therapist](#)” videos, providing answers to questions such as “How can you stop overthinking and be less indecisive?” and “What are the most important factors in creating a healthy relationship?” (from **Asian Mental Health Collective**)
  - ◆ [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - ◆ [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - ◆ [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - ◆ [“As Asian-Americans/Pacific Islanders \(AAPI’s\), We Need Therapists Who Look Like Us”](#) (from **Mental Health America**)
  - ◆ [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - ◆ [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - ◆ [“Why Asian-Americans and Pacific Islanders Don’t Go to Therapy”](#) (from **National Alliance on Mental Illness**)
  - ◆ [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
  - ◆ A [free confidential helpline](#) for those suffering from mental illness or supporting someone who needs help (This is not a crisis hotline). (from **South Asian Mental Health Initiative & Network**)
  - ◆ Article entitled [“What is Psychotherapy?”](#) in [English](#), [Hindi](#), [Tamil](#), [Telugu](#), and [Marathi](#) (from **South Asian Mental Health Initiative & Network**)
  
- ❖ Articles About Therapy that Focus on Indigenous Communities
  - ◆ [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - ◆ [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - ◆ [“Tips to Engage in Mental Health Treatment: The Indigenous Populations from the Northern Triangle”](#) (from **Mental Health Technology Transfer Center**)

- ♦ [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - ♦ [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - ♦ [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - ♦ [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
- ❖ Articles About Therapy that Focus on Latino/Hispanic Americans
- ♦ [“7 Tips for Finding a Culturally Competent Therapist – from Someone Who's Been There”](#) (from **Healthline**)
  - ♦ [“How to Find a Culturally Competent Therapist”](#) (from **JED Foundation**)
  - ♦ [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - ♦ [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
  - ♦ [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - ♦ [“It’s Hard to Search for a Therapist of Color. These Websites Want to Change That.”](#) (must have a subscription) (from **The New York Times**)
- ❖ Articles About Therapy that Focus on the LGBTQ+ Community
- ♦ [“Finding an LGBTQIA+ Affirming Therapist: Questions and Answers to Help”](#) (from **Healthline**)
  - ♦ [“How Do I Find LGBTQ-friendly Therapy?”](#) (from **Mental Health America**)
  - ♦ [“Will My New Therapist Understand My Needs? For People of Color and LGBTQ+ Folks”](#) (from **Mental Health America**)
  - ♦ [“Is My Therapist Being Racist?”](#) (from **Mental Health America**)
  - ♦ [“How to Find an Anti-Racist Therapist”](#) (from **Mental Health America**)
- ❖ Therapist Locators
- ♦ General
    - [Psychologist Locator](#) to find a psychologist based on location and/or specialty practice area (from **APA**)

- [Find Your Therapist](#) feature where you can search locations by city, state, or country (from **Anxiety & Depression Association of America**)
  - [Find a Therapist](#) feature (from **The Center for Prolonged Grief**)
  - [Find a Therapist](#) feature (from **Choosing Therapy**)
  - Links to [Find a Therapist](#) and [Find the Right Telehealth Therapist](#) (from **GoodTherapy**)
  - [Find a Clinician](#) allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served, and language (from **International Society for Traumatic Stress Studies**)
  - [Find a Therapist](#) with a searchable database to help locate a therapist, treatment center, psychiatrist, support group, or teletherapy (from **Psychology Today**)
- ♦ Specific (African American/Black)
- [The Association of Black Psychologists](#) Directory is “for people who are looking for Black psychologists near them.”
  - [Black Virtual Wellness Directory](#) to locate “a virtual Black therapist, doula, yoga teacher, mediator and much more.” (from **Black Emotional and Mental Health**)
  - Information for African Americans who lack health insurance or are otherwise unable to afford to see a therapist. Sign up if you are [interested in receiving therapy](#) or if you are a [mental health professional interested in working with this organization](#). (from **Free Black Therapy**)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
  - [Find Your Therapist of Color](#) (from **InnoPsych**)
  - [Therapy for Black Girls](#) is a locator that helps Black women and girls with finding therapists both in office and virtually.
  - [Therapy for Black Men](#) locator helps Black men with finding therapists remotely and in office, searchable by location.
  - [Loveland Foundation Fund](#) works to provide financial assistance to Black women and girls across the nation.
  - [AAKOMA](#) is an organization addressing the mental health

needs of Youth of Color and has several programs, including five free sessions of virtual therapy with culturally competent providers nationwide.

- [Black Mental Health Alliance](#) provides a vast database of culturally competent licensed mental health professionals by connecting Black individuals with mental health professionals after filling out a short questionnaire.
  - [Clinicians of Color](#) is a therapist locator for finding clinicians of “various racial and ethnic backgrounds, as well as training and treatment styles,” which can be searched by region.
  - [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.
  - [Boris Lawrence Henson Foundation](#) provides a directory of mental health providers and programs serving the African American community.
  - [Therapy in Color](#) provides a directory of culturally aware therapists for Black, Indigenous, and People of Color which is searchable by location.
- ♦ Specific (Asian American/Pacific Islander)
- [Asian American Therapist Directory](#), which has a US therapy directory for Asian Americans. (from **Asian Mental Health Collective**)
  - [“QTPOC Mental Health Directory](#), an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice. (from the **National Queer and Trans Therapists of Color Network**)
  - [South Asian Therapists Directory](#), which constitutes the largest global community of South Asian therapists
  - A [mental health provider directory](#), which is searchable by location, specialty, language, gender, and insurance provider (from **South Asian Mental Health Initiative & Network**)
  - [Find a Therapist](#) helps locate South Asian therapists by location, region, session type, and language. (from **South Asian Therapists.org**)

- [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
- ♦ Specific (Indigenous Communities)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color” They have sliding scale pricing.
  - [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.
  - [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)
  - [Therapy in Color](#) provides a directory of culturally aware therapists for Black, Indigenous, and People of Color which is searchable by location.
- ♦ Specific (Latino/Hispanic Americans)
  - [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
  - [Latinx Therapists Action Network](#), “an online platform and network of Latinx mental health practitioners honoring and affirming the dignity and healing of migrant communities marginalized by criminalization, detention, and deportation.” They provide a [directory](#) of Latinx Therapists.
  - [Latinx Therapy](#) is a National Directory that helps with finding

Latinx therapists in private practice by location and by multiple search types (e.g., migration background, cultural identity, immigration evaluation, insurance, LGBTQ+ Therapist, etc.).

- [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)
  - [Find a Therapist](#) to search for a mental health professional, many of whom speak Spanish (from **Therapy**)
  - [Therapy for Latinx](#), connects Latinx people with Latinx therapists. “We provide resources for our community to heal, thrive, and become advocates for their own mental health.”
  - [Melanin and Mental Health](#) is a directory for therapists searchable by treatment modalities, insurance type, license type, appointment type (in person/virtual), mental health issues, language, and clinician ethnicity/race.
- ♦ Specific (LGBTQ+ Community)
- [Inclusive Therapists](#) locator focuses on the “needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color.” They have sliding scale pricing.
  - [QTPOC Mental Health Directory](#), “an interactive digital resource that helps QTBIPOC connect to QTBIPOC mental health practitioners. With more than 300 practitioners, this resource is essential to help our communities gain greater access to therapists who are aligned with healing justice.” (from the **National Queer and Trans Therapists of Color Network**)
- ♦ Additional Groups
- [Find Your Therapist](#) to search for a licensed mental health provider who specializes in anxiety, depression, OCD, PTSD, and related disorders (from **Anxiety and Depression Association of America**)

- [Find a Therapist](#) portal to locate a therapist who has received training from the Center for Complicated Grief
- [A list of affiliated grief support service providers](#) (organizations who offer help for families through counseling, peer support, support groups, and other related activities) throughout the United States and Canada (from **National Alliance for Grieving Children**)
- Find a Therapist in [English](#) and [Spanish](#), which offers guidance on how to find a mental healthcare provider as well as links to resources specifically for veterans (from the **National Center for PTSD**)
- [Find a Professional \(for families dealing with infertility\)](#).  
“Search for a family building professional in your area using RESOLVE’s Professional Services Directory. This directory includes more than 600 professionals including reproductive endocrinologists, urologists, mental health therapists and other family building professionals.”

## Preparing for Death

- Addressing End of Life Concerns
  - ❖ **Resources:**
    - ◆ [Grief, Loss, and End of Life](#) features articles about preparing for the end of life, after a loved one dies, and settling an estate. (from **AARP**)
    - ◆ [“Help Your Family Plan Your Funeral Far in Advance”](#) in [English](#) and [Spanish](#) (from **AARP**)
    - ◆ [“Advocating for a ‘Good Death’,”](#) which emphasizes the importance of discussing end-of-life wishes early on, because this can make the final days easier for everyone. Available in [English](#) and [Spanish](#) (from **AARP**)
    - ◆ [“‘Death Doulas’ Serve Dying Patients at Home, in Hospice.](#) Available in [English](#) and [Spanish](#) (from **AARP**)
    - ◆ [“Planning Ahead for Legal Matters,”](#) which explains that planning ahead is vital for people diagnosed with dementia because it allows them to be involved in the process and express their wishes for future care (from **Alzheimer’s Association**)



- ◆ A blog post entitled “[Preparing for Death of a Parent Checklist – 18 Items](#)” (from **Cake**)
- ◆ A blog post entitled “[Death Doula Resources](#)” (from **Cake**)
- ◆ “[Why Should I Think About \(and Plan for\) My Own Death?](#)” (from **Farewelling**)
- ◆ “[The Farewelling Checklist: Advance Planning for Yourself](#)” (from **Farewelling**)
- ◆ “FAQs, checklists, and advice to make dealing with the unknown a little easier” in [Planning Resources](#) (from **Legacy**)
- ◆ “[Introducing ‘The Estate Department’](#),” guidance on estate planning, wills, and more (from **Modern Loss**)
- ◆ Articles about [end of life preparations](#) (from **My Grief Connection**)
- ◆ The [End of Life](#) page “gives an overview of the issues and decisions to be made by people caring for someone when the end of life is near. Learn about palliative care, hospice, and how to get help for your grief.” (from **National Institute on Aging**)
- ◆ Information on “[End of Life Planning](#)” “[How can I donate my body to science?](#)” and “[How can I donate my organs?](#)” (from **The Order of the Good Death**)
- ◆ [End-of-life Concerns](#), including articles on assisted living, hospice care, palliative care, pain and symptom control, the dying process, funeral and memorial planning (from **Verywell**)

❖ **Websites:**

- ◆ [Empathy](#)
  - Empathy’s mission is “to change the way the world deals with loss.”
- ◆ [Hospice and Community Care](#)
  - “Hospice & Community Care provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness.”
- ◆ [Cake](#)
  - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”
- ◆ [Lantern](#)
  - “Let us light the way. From proactively planning your end-of-life wishes to navigating what to do after experiencing a loss, Lantern has got your back – for you, your family, and the people you love.”

- ◆ [VITAS Healthcare](#)
  - VITAS helps “patients and their families seeking hospice and palliative care in the face of terminal illness.”

- **Conversations About Death**

- ❖ Sharing your plans with others / Starting a discussion (to asking another about their plans)

- ◆ **Resources:**

- [“5 Tips for Difficult Family Caregiving Conversations”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [“Talking About Death is Hard, but Some Groups Embrace It,”](#) which describe how “death cafés provide supportive settings for discussions about mortality” in [English](#) and [Spanish](#) (from **AARP**)
- [“How to Start a Conversation about End-of-Life Care”](#) in [English](#) and [Spanish](#) (from **AARP**)
- [Conversation Guides](#) to help people have “the conversation” about their wishes for end-of-life care with the important people in their life (from **The Conversation Project**)
- [“How to Talk to Your Aging Parents About Dying”](#) (from **Farewelling**)
- [Let’s Talk Death](#), “a hybrid between a podcast and a webinar” with “conversations to inform and inspire” about “topics such as end of life issues, pre-planning, and grief” (from **HealGrief**)
- [“7 Conversations to Have with Loved Ones Before They Pass, According to a Grief Counselor”](#) (from **Well+Good**)

- ◆ **Stories:**

- Personal stories about conversations about death, such as [“Embracing Fear and Grief: A Death Midwife Navigates End-of-Life Planning with Her Mom”](#) (from **The Conversation Project**)
- [“The Wills Party:”](#) Throwing a party to finalize your will (from **Modern Loss**)
- [Articles](#) and [podcasts](#) to encourage people to speak openly about death and dying (from **The Order of the Good Death**)

- ◆ **Websites:**

- [The Conversation Project](#)
  - “The Conversation Project is a public engagement initiative

with a goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected.”

- [Death Café](#)
  - Death Café’s mission is “to increase awareness of death with a view to helping people make the most of their (finite) lives.”
- [Empathy](#)
  - Empathy’s mission is “to change the way the world deals with loss.”
- [Farewelling](#)
  - Farewelling aims to help individuals who are planning funeral or memorial services for their deceased loved ones. They also provide resources for people who are interested in planning their own services in advance.
- [Cake](#)
  - Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”
- [The Order of the Good Death](#)
  - The Order is about making death a part of your life. That means committing to staring down your death fears—whether it be your own death, the death of those you love, the pain of dying, the afterlife (or lack thereof), grief, corpses, bodily decomposition, or all of the above. Accepting that death itself is natural, but the death anxiety and terror of modern culture are not.
- [TalkDeath](#)
  - “TalkDeath’s mission is to encourage positive and constructive conversations around death and dying.”

## Supporting the Bereaved

- What to Say and What Not to Say to the Bereaved
  - ❖ Resources:
    - ◆ A blog post entitled “[18 Comforting Messages to Share on Facebook After a Death](#),” which suggests ways to announce a death and how to comment on a post (from **Cake**)

- ◆ A blog post entitled “[60+ What You Can Say Instead of 'Sorry for Your Loss'](#)” (from **Cake**)
- ◆ A blog post entitled “[13 Things to Do to Help Your Grieving Spouse or Partner](#)”(from **Cake**)
- ◆ A blog post entitled “[Things to Say When Somebody Dies of Cancer](#)” (from **Cake**)
- ◆ “[Being a Better Grief Friend](#)” offers suggestions on how to be a good friend to someone who has lost a loved one (from **The Dinner Party**)
- ◆ An infographic with examples of “[What to Say and What Not to Say](#)” when someone is grieving (from **Dougy Center**)
- ◆ “[Grieving Death by a Sudden Loss](#),” which provides a list of “things you can do to support someone who is grieving a sudden loss” (from **eCondolence**)
- ◆ “[Five Guidelines for Using Text, Instant Message and Email to Express Sympathy](#)” (from **eCondolence**)
- ◆ “[What Not to Say to Someone Who is Grieving](#)” (from **Empathy**)
- ◆ “[What to Say and What Not to Say After a Loss](#)” (from **Empathy**)
- ◆ “[When Your Loved One is Grieving](#)” (from **Empathy**)
- ◆ “[Ten Ways to Support](#),” which offers reminders that the bereaved “need the support of family, friends and community to carry them forward” (from **Evermore**)
- ◆ “[Your Loss](#)” has suggestions for how to support bereaved children, parents, siblings, and spouses (from **Evermore**)
- ◆ [Grief and Loss](#) page features articles such as “[11 Great Tips for How to Support Someone Who Is Grieving](#)” (from **Farewelling**)
- ◆ Video and article entitled “[The 10 Best and 10 Worst Things to Say to Someone in Grief](#)” (from **Grief.com**)
- ◆ A blog post entitled “[‘Being There’ for Someone Who is Grieving](#)” (from **Grief Healing**)
- ◆ A blog post entitled “[Helping Another in Grief: Suggested Resources](#)” (from **Grief Healing**)
- ◆ “[How to Help Someone Grieving](#),” which describes what to say and do, and what not to say and do when trying to support someone who has lost a loved one (from **HealGrief**)
- ◆ “[Helping Someone Who’s Grieving](#),” with suggestions on “what to say and how to comfort someone through bereavement, grief, and loss” (from **HelpGuide**)
- ◆ “[What to Say When Someone Dies](#)” with advice for various situations, e.g., when someone’s ex dies, the relationship was difficult, you never met the deceased, pregnancy loss, etc. (from **Legacy**)

- ◆ [“275+ Best Messages You Can Use.”](#) (“Whether you are offering condolences in person, or writing condolences in a sympathy card, we’ve got you covered with the Ultimate Guide to Condolences.”) It includes information on choosing the right sympathy card, writing condolences, and expressing condolences in person (from **Love Lives On**)
- ◆ [“How To: Be a Good Listener”](#) (from **Modern Loss**)
- ◆ [“Don’t Talk About How ‘It Gets Better’”](#) (from **Modern Loss**)
- ◆ [“Grief: Helping Someone Else After a Loss,”](#) which describes “strategies for offering support” and why it is important to “let the person know you are there for them” (from **National Center for PTSD**)
- ◆ [“How to Support Your Loved One with Sheryl Sandberg & Adam Grant”](#) (from **Option B**)
- ◆ Information primarily for those in their 20s and 30s who are supporting the bereaved such as [“Being There: What to Say and Do in the Aftermath of Loss”](#) (from **Option B**)
- ◆ [Resources](#) offer guidance for “situations where your friend might be struggling” including advice on dealing with loss (from **Seize the Awkward**)
- ◆ [Conversation Starters](#), which provides examples of what to say During the Conversation (primarily for teens and young adults) (from **Seize the Awkward**)
- ◆ Articles and videos on how to [support those who are grieving](#) (from **Speaking Grief**)
- ◆ [“What to Say Instead of ‘You’re in My Thoughts and Prayers’”](#) (from **Sympathy Message Ideas**)
- ◆ [“What to Say When It’s Someone’s First Holiday Without a Loved One”](#) (from **Sympathy Message Ideas**)
- ◆ [“Techniques Used to Assist the Bereaved”](#) (from **VITAS Healthcare**)
- ◆ [“How to Help Someone Whose Grief Reaction Has Become Alarming”](#) (from **VITAS Healthcare**)
- ◆ [How to help others grieve](#) (from **Wendt Center for Loss and Healing**)
- ◆ [“Sitting with Grief”](#) has “tips for supporting loved ones who are grieving,” and examples of helpful and unhelpful statements (from **Wendt Center for Loss and Healing**)
- ◆ [“Helping a Teenager Deal with Grief”](#) (from **What’s Your Grief?**)
- ◆ [“64 Ways To ‘Meet Grieving People Where They’re At’,”](#) which offers suggestions for ways to support a grieving friend or family member

(from **What's Your Grief?**)

❖ In Writing

◆ **Resources:**

- A blog post entitled "[130+ Sympathy Card Message Ideas for the Loss of a Father](#)" (from **Cake**)
- A blog post entitled "[70+ Thoughtful Sympathy Messages for the Loss of a Child](#)" (from **Cake**)
- A blog post entitled "[How to Write a Sympathy Letter for Loss of a Mother](#)" (from **Cake**)
- A blog post entitled "[16 Sympathy Message Ideas for Loss of a Wife](#)" (from **Cake**)
- "[Sympathy Messages: What to Write in a Sympathy Card](#)" (from **Farewelling**)
- "[How To: Write a Sympathy Note](#)" (from **Modern Loss**)
- "[How to Write a Condolence Letter or Sympathy Note](#)" (from **Verywell Health**)

❖ What to Bring or Send

◆ **Resources:**

- A blog post entitled "[How to Send a Sympathy Meal to a Grieving Family](#)" (from **Cake**)
- "[Bringing Meals to a Bereaved Family](#)" (from **Empathy**)
- "[Bring Soup, Not Salad \(And other rules for feeding mourners\)](#)" (from **Modern Loss**)

◆ **Story:**

- "[Grief Groceries.](#)" A blog post in which a man describes how much he appreciated receiving groceries following the death of his father. (from **Hugh's Blog**)
- "[Comfort Food.](#)" A woman describes how she showed her love for her dying father by making his favorite foods. (from **Lantern**)

❖ Based on Religious Affiliation

◆ **Resources:**

- "[What Does Buddhism Teach About Grief and Loss?](#)," which includes a description of common Buddhist beliefs about grief and grief rituals (from **Cake**)
- Basic information about [different religions and cultures](#) including Buddhism, Catholicism, Hinduism, Islam, Judaism, Protestant Christianity, Mormonism, and Shinto. Each page provides an

overview of the religion, examples of condolences to send to those mourning, and information about the burial and funeral customs and periods of mourning (from **eCondolence**)

- [Information about customs and rituals](#) for Buddhists, Catholics, Hindus, Jews, Mormons, Muslims, Protestants, and Scientologists (from **Heal Grief**)
- Information about [Jewish mourning, rituals, and burial customs](#) (from **Kavod v'Nichum and the Gamliel Institute**)
- [Information](#) about the traditions of shiva and Jewish mourning (from **Shiva**)

◆ **Websites:**

- [Kavod v'Nichum and the Gamliel Institute](#)
  - “Kavod v'Nichum and the Gamliel Institute provide resources, education, and training along the Jewish end-of-life continuum: from visiting the sick and pre-planning, to caring for the body after death, to providing comfort to the mourners.”
- [Muslim American Society – Social Services Foundation](#)
  - “Muslim American Society-Social Services Foundation is a non-profit that aims to aid families at large and the Muslim community in particular with their social services needs.”
- [Shiva](#)
  - Shiva is a weeklong period of mourning in Judaism following a loved one's death. The authors of the website state, “After experiencing the loss in our lives, we needed help and guidance to better understand the end of life and shiva process. There wasn't any. So, we created it.”

● **Supporting the Bereaved During the Holidays**

❖ **Resources:**

- ◆ A blog post entitled “[How to Say “Merry Christmas” to Someone Who’s Grieving,](#)” which includes Tips for Writing it in a Christmas Card or Email and Tips for Saying “Merry Christmas” to Someone Experiencing Grief in-Person (from **Cake**)
- ◆ “[How Do You Help a Grieving Friend During the Holidays? 10 Tips to Help You Help Someone You Love](#)” (from **Refuge in Grief**)
- ◆ “[8 Tips for Supporting a Grieving Friend this Holiday](#)” (from **What’s Your Grief?**)



- Supporting Those Who Have Lost a Parent

- ❖ Resources:

- ◆ A blog post entitled "[55+ Words of Sympathy for the Loss of a Mother](#)" (from **Cake**)
- ◆ A blog post entitled "[What to Say to Someone Who Lost a Parent: Tips + Examples](#)" (from **Cake**)
- ◆ A blog post entitled "[130+ Sympathy Messages for the Loss of a Father](#)" (from **Cake**)
- ◆ A blog post entitled "[15 Sympathy Gift Ideas for Someone Who Lost a Father](#)" (from **Cake**)
- ◆ A blog post entitled "[How to Write a Sympathy Letter for Loss of a Mother](#)" (from **Cake**)
- ◆ A blog post entitled "[What to Say to a Child When Their Parent Dies: 7 Tips](#)" (from **Cake**)
- ◆ "[Helping Teenagers Who Have Lost a Parent](#)" (from **Cancer Care**)
- ◆ "[Condolences for Loss of Mother](#)" (from **Love Lives On**)
- ◆ "[Condolences for Loss of Father](#)" (from **Love Lives On**)
- ◆ "[How to Show Your Love for a Friend Grieving Their Dad on Father's Day](#)" (from **Option B**)
- ◆ "[What to Say to Someone Who Lost a Parent](#)," which provides guidance about how to support someone who lost a mother or father, and how to offer comfort by text (from **Sympathy Message Ideas**)

- Supporting Those Who Have Lost a Spouse

- ❖ Resources:

- ◆ "[Helping a Grieving Parent](#)" (from **American Hospice Foundation**)
- ◆ A blog post entitled "[18 Best & Worst Things to Say to a Grieving Widow](#)" (from **Cake**)
- ◆ A blog post entitled "[16 Sympathy Message Ideas for Loss of a Wife](#)" (from **Cake**)
- ◆ A blog post entitled "[20 Thoughtful Gift Ideas for a Recent Widow\(er\)](#)" (from **Cake**)
- ◆ A blog post entitled "[11 Best Ways to Help a Grieving Widow\(er\)](#)" (from **Cake**)
- ◆ A blog post entitled "[18 Thoughtful Condolence Gift Ideas for the Loss of a Wife](#)" (from **Cake**)

- ◆ A blog post entitled “[What to Say When Someone Loses a Husband](#)” (from **Cake**), which focuses on many topics pertaining to the loss of a husband including:
    - What to Text or Say to Someone Who Lost Their Husband
    - Words of Sympathy for the Loss of a Husband from Cancer
    - Words of Sympathy for the Sudden Loss of a Husband
  - ◆ “[Tips for Supporting Your Grieving Parent](#)” (from **Empathy**)
  - ◆ Suggestions on how to support bereaved [spouses](#) (from **Evermore**)
  - ◆ “[Supporting A Parent in Grief](#)” (from **Grief Healing**)
  - ◆ A blog post entitled “[Helping a Grieving Parent](#)” (from **Grief Healing**)
  - ◆ “[Condolences for Loss of Wife](#)” (from **Love Lives On**)
  - ◆ “[Condolences for Loss of Husband](#)” (from **Love Lives On**)
  - ◆ “[Comforting Words of Sympathy for the Loss of a Husband](#)” (from **LoveToKnow**)
  - ◆ An article entitled “[What to Say to Someone Who’s Been Widowed \(and What Not to Say\)](#)” (from **Widowed and Young**)
- Supporting Those Who Have Lost a Child
    - ❖ Resources:
      - ◆ A blog post entitled “[70+ Thoughtful Sympathy Messages for the Loss of a Child](#)”(from **Cake**)
      - ◆ A blog post entitled “[12 Ways You Can Support Your Father Through Grief](#)” (from **Cake**)
      - ◆ A blog post entitled “[How to Comfort Someone Who Lost a Child: Step-By-Step](#)” (from **Cake**)
      - ◆ “[The Things Grieving Parents Wish Everyone Knew](#)” (from **Empathy**)
      - ◆ A blog post entitled “[Helping a Friend with Child Loss](#)” (from **Grief Healing**)
      - ◆ “[Condolences for Loss of Son](#)” (from **Love Lives On**)
      - ◆ “[Condolences for Loss of Daughter](#)” (from **Love Lives On**)
      - ◆ “[7 Tips for Speaking with a Bereaved Mother](#)” (from **Modern Loss**)
      - ◆ “[Saying ‘At Least’ Is Not Comforting After Child Loss](#)” (from **Still Standing Magazine**)
      - ◆ “[6 Things to Never Say to a Bereaved Parent](#)” (from **Still Standing Magazine**)
      - ◆ “[The Right Words to Say When Someone Has Lost a Child](#)” (from

## Verywell Health)

- Supporting Those Who Have Lost a Sibling

- ❖ Resources:

- ◆ [“Sympathy Messages for Loss of Brother”](#) (from **The Art of Condolence**)
- ◆ [“Sympathy Messages for Loss of Sister”](#) (from **The Art of Condolence**)
- ◆ A blog post entitled [“15+ Memorial Gift Ideas for Someone Who Lost a Brother”](#) (from **Cake**)
- ◆ A blog post entitled [“50+ Condolence Messages for the Loss of a Brother”](#) (from **Cake**)
- ◆ A blog post entitled [“Words of Sympathy for Someone Who Lost a Sister: 25+ Messages”](#) (from **Cake**)
- ◆ Suggestions on how to support bereaved [siblings](#) (from **Evermore**)
- ◆ [“Condolences for Loss of Brother”](#) (from **Love Lives On**)
- ◆ [“Condolences for Loss of Sister”](#) (from **Love Lives On**)
- ◆ [“Words of Sympathy for the Loss of a Sister: 40+ Condolence Messages,”](#) which includes Sympathy Messages for Loss of Sister In Law (from **Sympathy Message Ideas**)

- Supporting People After a Miscarriage/Stillbirth/Pregnancy Loss/Neonatal Loss

- ❖ Resources:

- ◆ A blog post entitled [“How to Offer Words of Condolence for a Miscarriage”](#) (from **Cake**)
- ◆ A blog post entitled [“50+ Things to Say to Someone Who Lost a Baby or Miscarried”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Support Your Wife After a Miscarriage: 6 Tips”](#) (from **Cake**)
- ◆ blog post entitled [“How to Support Parents After a Stillbirth: 7 Ways”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Comfort a Loved One After Miscarriage: 19+ Tips”](#) (from **Cake**)
- ◆ A blog post entitled [“24 Miscarriage Gift & Care Package Ideas to Send”](#) (from **Cake**)
- ◆ A blog post entitled [“9 Things to Do for a Friend Who Had a Miscarriage”](#)(from **Cake**)

- ♦ [“Helping Your Family Heal After Miscarriage”](#) (from **Center for Loss & Life Transition**)
  - ♦ [“Condolences for Loss of Baby”](#) (from **Love Lives On**)
  - ♦ [“What To Say \(or Not\) to Someone Who Has Had a Miscarriage”](#) (from **Modern Loss**)
  - ♦ [“What to Say to Someone Who Had a Miscarriage”](#) (from **Option B**)
  - ♦ [“Miscarriage Condolences: What to Say When Someone Loses a Baby”](#) (from **Sympathy Message Ideas**)
- Supporting People Dealing with Infertility
    - ❖ Resources:
      - ♦ [“What to Say to Someone Struggling with Infertility”](#) (must have a subscription) (from **The New York Times**)
      - ♦ [“How Friends & Family Can Support People Going Through Infertility”](#) (from **Pregnantish**)
      - ♦ [“Talking About Infertility”](#) including “What to Say to Your Infertile Friend or Family Member” (from **RESOLVE**)
      - ♦ [“How Can I Support a Friend with Infertility?”](#) (from Verywell Family via **RESOLVE**)
      - ♦ [“12 Things Not to Say to Someone with Infertility”](#) (from Verywell Family via **RESOLVE**)
      - ♦ [“What Not to Do When Supporting an Infertile Friend”](#) (from Verywell Family via **RESOLVE**)
- Supporting Those Who Have Lost a Grandchild
    - ❖ Resources:
      - ♦ [“The Grief of Grandparents”](#) (from **American Hospice Foundation**)
      - ♦ A blog post entitled [“What to Say to Someone Who Lost a Grandchild: 16 Ideas”](#) (from **Cake**)
      - ♦ [“Helping a Grandparent Who is Grieving”](#) (from **Center for Loss & Life Transition**)
      - ♦ A blog post entitled [“Helping a Grieving Grandparent”](#) (from **Grief Healing**)
      - ♦ [“When Your Child’s Baby Dies: Support for Grieving Grandparents”](#) (from **Still Standing Magazine**)

- Supporting Those Who Have Lost a Grandparent

- ❖ Resources:

- ◆ A blog post entitled "[25+ Sympathy Messages for the Loss of a Grandpa](#)" (from **Cake**)
- ◆ A blog post entitled "[72+ Sympathy Message Ideas for the Loss of a Grandmother](#)" (from **Cake**)
- ◆ A blog post entitled "[18 Sympathy Gift Ideas for Someone Who Lost a Grandfather](#)" (from **Cake**)
- ◆ "[Condolences for Loss of Grandfather](#)" (from **Love Lives On**)
- ◆ "[Condolences for Loss of Grandmother](#)" (from **Love Lives On**)
- ◆ "[Help Children Deal with the Death of a Grandparent](#)" (from **Verywell Family**)

- Supporting a Grieving Friend

- ❖ Resources:

- ◆ A blog post entitled "[25 Sympathy Gift Ideas for the Loss of a Friend or Family Member](#)" (from **Cake**)
- ◆ "[How to Help a Grieving Friend](#)" (from **Hospice and Community Care**)
- ◆ "[Helping a Friend Who is Dying](#)" (from **Hospice Foundation of America**)
- ◆ "[Helping a Friend Who is Grieving](#)" (from **Hospice Foundation of America**)
- ◆ "[Being There: What to Say and Do in the Aftermath of Loss](#)" (from **Option B**)
- ◆ "[How to Support Friends: How Do You Help a Grieving Friend When You Live Far Away? 10 Tips to Help You Provide Long-Distance Grief Support](#)" (from **Refuge in Loss**)
- ◆ "[Condolence Messages for a Friend](#)" (from **Sympathy Message Ideas**)
- ◆ "[11 Ways to Support a Grieving Friend](#)" (from **Teenage Grief Sucks**)

- Supporting Those Who Have Lost a Pet

- ❖ Resources:

- ◆ "[36 Supportive Things to Say to Someone Who Lost a Pet](#)" (from **Cake**)
- ◆ "[What to Say When Someone Euthanizes a Pet: 20+ Ideas](#)" (from

Cake)

- ◆ [“12 Ways to Say ‘Sorry for the Loss of Your Cat’”](#) (from **Cake**)
- ◆ [“How to Write a Pet Loss Thank You Note: 20+ Wording Ideas”](#) (from **Cake**)
- ◆ A blog post entitled [“How to Help a Grieving Dog Owner: 8 Tips”](#) (from **Cake**)
- ◆ [“What to Say When Someone’s Pet Dies”](#) (from **Empathy**)
- ◆ [“Offering Support: What to Say \(or Not\) to a Grieving Animal Lover”](#) (from **Grief Healing**)

- Providing Support After a Violent Death

- ◆ **Resources:**

- ◆ Booklet entitled, [“Children, Teens and Suicide Loss”](#) which provides guidance on “helping young people heal and cope” (from **American Foundation for Suicide Prevention**)
- ◆ [“Helping a Suicide Survivor Heal”](#) (from **Center for Loss & Life Transition**)
- ◆ [“How to Not Be an Asshole About Suicide”](#) (from **The Dinner Party**)
- ◆ Grief-informed resources for parents to help support children, specifically for [After a Suicide Death](#) (from **Dougy Center**)
- ◆ [“Supporting Children and Teens After a Suicide Death”](#) (from **Dougy Center**)
- ◆ [“Supporting Children and Teens After a Murder or Violent Death”](#) (from **Dougy Center**)
- ◆ [“How To: Support Someone Affected by Suicide”](#) (from **Modern Loss**)
- ◆ [“How to Talk to Suicide Survivors”](#) (from **Our Side of Suicide**)
- ◆ Support for children, young people and families dealing with [suicide bereavement](#), and [death through homicide](#) (from **Winston’s Wish**)

- Supporting the Bereaved After Losing a Loved One From/During COVID-19

- ◆ **Resources:**

- ◆ [“How to Reduce Stigma Associated with COVID Related Deaths”](#) (from **Eluna**)
- ◆ [“Tips for Providing Support to Others During the Coronavirus \(COVID-](#)

[19\) Outbreak](#)” in [English](#) and [Spanish](#) (from **National Center for PTSD**)

- ◆ [“How to Support Others During the COVID-19 Pandemic,”](#) which offers resources for supporting someone who has lost a loved one to COVID-19 (from **Option B**)

- Providing Support in the Workplace

- ❖ Resources:

- ◆ [“12 Things You Can Do After a Coworker Dies”](#) (from **Cake**)
- ◆ [“Helping a Grieving Friend in the Workplace”](#) (from **Center for Loss & Life Transition**)
- ◆ [Ways to Facilitate Grief and Build Resilience in the Workplace](#) (from **The Dinner Party**)
- ◆ [“Supporting a Colleague Who is Grieving”](#) (from **Empathy**)
- ◆ [“How to Support a Grieving Employee”](#) (from **Empathy**)
- ◆ [“How to Talk to Your Bereaved Coworker”](#) (from **Empathy**)
- ◆ [“9 Things Your Grieving Employee Wishes You Knew”](#) (from **Empathy**)
- ◆ [“When A Co-worker Is Grieving”](#) (from **Hospice and Community Care**)
- ◆ [“Helping a Grieving Employee”](#) (from **Hospice Foundation of America**)
- ◆ [“Helping a Grieving Coworker”](#) (from **Hospice Foundation of America**)
- ◆ [“How to Handle and Help with Workplace Grief,”](#) a guide for managers and coworkers (from **Modern Loss**)
- ◆ [“How to Help When Your Coworker is Grieving”](#) (from **Supportiv**)

- How to Determine if the Bereaved Needs Additional Help

- ❖ Resources:

- ◆ [“Childhood Grief: When to Seek Additional Help”](#) (from **Healthy Children**)
- ◆ [Learn the Signs](#) includes a list of “warning signs” to look for when a friend might need professional help. (from **Seize the Awkward**)
- ◆ [“How to Help Someone Whose Grief Reaction Has Become Alarming”](#) (from **VITAS Healthcare**)



# COVID-19

- **Resources:**

- ❖ Loss of a Loved One During the COVID-19 Pandemic
  - ♦ [“When the Grieving Process Gets Stalled,”](#) an article explaining that it is common to experience prolonged grief following the death of a loved one, and that COVID-19 has made this problem worse. Available in [English](#) and [Spanish](#) (from **AARP**)
  - ♦ [“The Final Pandemic Betrayal,”](#) which describes how “millions of people are still mourning loved ones lost to COVID, their grief intensified, prolonged, and even denied by the politics of the pandemic.”(must have a subscription) (from **The Atlantic**)
  - ♦ [“The Gift: Our Newly Enhanced Mortality Awareness Makes Us Better at Living.”](#) Dr. Alan D. Wolfelt discusses how COVID has made him be “better at being present in and appreciating each moment” and have “deepened gratitude for friends and family” (from **Center for Loss & Life Transition**)
  - ♦ [“1 in 8 U.S. Deaths from 2020 to 2021 Came From COVID-19 – Leaving Millions of Relatives Reeling from Distinctly Difficult Grief,”](#) which describes the impact of how a death due to COVID is different than that of a non-COVID death, as well as the secondary health consequences (from **The Conversation**)
  - ♦ [“A Lasting Legacy of COVID: Far-Right Platforms Spreading Health Myths,”](#) which describes the sorrow, anger, and shame that comes with losing a loved one who made decisions based on a conspiracy theory (must have a subscription) (from **The New York Times**)
  - ♦ [“As COVID Deaths Rise, Lingering Grief Gets a New Name,”](#) an article describing Prolonged Grief Disorder (PGD), and explaining why those who lost a loved one during the pandemic are at risk to develop PGD. The author predicts that because so many people died during the pandemic, there will be a coming wave of severe bereavement. (must have a subscription) (from **The New York Times**)
  - ♦ [“When COVID Deaths Are Dismissed or Stigmatized, Grief Is Mixed with Shame and Anger”](#) (from **NPR**)
  - ♦ [“The Loss of a Grandparent to COVID-19,”](#) a video interview with Marion Donon, a clinical psychologist and author of a book of the same name, who discusses how to talk with children about the death of their grandparent (from **Open to Hope**)

- ♦ [“‘This Was Going to Be a Tidal Wave’: What Makes Pandemic Grief Similar to Violent Death Grief”](#) (from **PBS/NPR**)
  
- ❖ Helping Children and Teens Deal with the Loss of a Loved One During the COVID-19 Pandemic
  - ♦ [“Thousands of Kids Lost Loved Ones to the Pandemic. Psychologists are Teaching Them How to Grieve, and Then Thrive”](#) (from the **American Psychological Association**)
  - ♦ [“Supporting Children & Teens When Someone Dies of COVID-19”](#) (from **Dougy Center**)
  - ♦ [“We Did Everything We Could Not to be Here.”](#) A Grief Out Loud podcast reporting that over 10.5 million children are grieving the death of a parent or caregiver from COVID-19. The podcast describes how one parent has attempted to keep herself and her children together following the death of their husband and father. (from **Dougy Center**)
  - ♦ A Grief Out Loud podcast entitled [“One in a Million”](#) (from **Dougy Center**)
  - ♦ [“Helping Children Cope with a Coronavirus Death,”](#) a tip sheet describing common grief reactions and offering guidance on how to help grieving children (from **Hospice and Community Care**)
  - ♦ [“Support After a Coronavirus Death: Suggestions for Parents and Family Members,”](#) which offers a list of suggestions to help children cope (from **Hospice and Community Care**)
  - ♦ [“Grandparents Step in after Children Lose Parent to COVID-19”](#) (must have a subscription) (from **The New York Times**)
  - ♦ [“Historic Rise in Child Bereavement as COVID, Drugs and Guns Claim Parents’ Lives”](#) (from **The74**)
  - ♦ [“Two Years On, COVID Widows Say They Need Help as Their Children Struggle with Grief and Anxiety”](#) (from **Yahoo! News**)
  
- ❖ Coping Strategies
  - ♦ [“Healing Milestones,”](#) which describes things that may derail the grieving process, and offers suggestions to overcome them. (from **The Center for Complicated Grief**)
  - ♦ [“Finding Your Way Through,”](#) which describes how the pandemic has increased our loneliness, and offers ways to assess and cope

- with loneliness (from **Center for Loss & Life Transition**)
- ◆ [“Coronavirus, Bereavement and Grief”](#) which describes the feelings that may result following a death of a loved one (from **Cruse Bereavement Support**)
- ◆ [“‘I Can't Even Imagine’ - Grieving Both Parents”](#) (from **Dougy Center**)
- ◆ [“How to Reduce Stigma Associated with COVID Related Deaths”](#) (from **Eluna**)
- ◆ [“How to Cope with COVID-19 Survivor Guilt,”](#) which describes the symptoms that accompany survivor guilt (e.g., “obsessive thoughts, sleep difficulties, depressive symptoms, and a loss of motivation) and ways to cope (from **Healthline**)
- ◆ [“She Lost Her Mom to COVID-19, Then Her Dad. Here’s How She’s Coping,”](#) an article that discusses the “toll of multiple losses” and offers suggestions for managing these feelings (from **Healthline**)
- ◆ [“Tips for Coping with Grief and Loss During COVID-19”](#) (from **Health Matters**)
- ◆ [“Coping with a Coronavirus Death,”](#) which describes the physical, emotional, cognitive, social and spiritual effects of coping with a death (from **Hospice and Community Care**)
- ◆ [“The Grief Pandemic Will Torment Americans for Years,”](#) which describes why losing a loved one during the pandemic is so painful and difficult to cope with (from **PBS**)
- ◆ [“Grievers’ Tips for Self-Care Through COVID-19,”](#) a guide with practical ideas for supporting emotional, physical, and mental health (from **Soaring Spirits**)
- ◆ [“Help When the Worst Happens,”](#) an e-book that describes bereavement in the challenging circumstances of COVID-19. The author describes why it makes it “harder to cope, grieve and move forward,” who is likely to suffer a “challenging bereavement” (e.g., older people who are isolated or those suffering multiple losses), and how to help those who are grieving (from **Sudden**)
- ◆ [“The Post Pandemic ‘New Normal’ May Come with Grief,”](#) which highlights that “as the dust settles and we begin to move forward in a new way, grief will become a large part of the mental health burdens people are carrying” (from **Verywell Mind**)
- Stories
  - ❖ [COVID in Black Communities](#). Listen to stories from Black Americans

who lost a loved one to COVID-19. (from **Andrea Ellen Reed**)

- ❖ A podcast entitled “[Grief Out Loud](#),” which is described as “a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals”; for example, “Splintering Grief - DJ Arsene Versailles & Marked By COVID,” “More Than Just A Number – Grieving When Someone Dies Of COVID-19,” and “Widowed by COVID-19” (from **Dougy Center**)
- ❖ “[Their Stories](#),” which includes stories from teenagers who lost a parent to COVID-1):
  - ◆ A 16-year-old young man tells his [story](#) about the day-to-day emotional impact of his father’s death from COVID-19 (from **Hidden Pain**)
  - ◆ A 16-year-old girl shares her [story](#) about her efforts to find support among her peers following the loss of her father from COVID-19 (from **Hidden Pain**)
- ❖ “[The ‘Grief Pandemic’ Will Torment Americans for Years](#),” a story detailing how one woman’s death from COVID-19 had a profound impact on her family (from **PBS News Hour**)
- Support:
  - ❖ Forums
    - ◆ [Grief and Loss Forum](#) on My Support Forums
    - ◆ [Grief in Common](#)
  - ❖ Online Memorials
    - ◆ [Survivor Stories](#), which are personal messages from those who have “had their life turned on its head because of the pandemic” (from **COVID Survivors for Change**)
    - ◆ “[Their Lives Remembered: Coronavirus Memorial](#),” a compilation of tributes and a place to share condolences for those who have died in the pandemic (from **Legacy**)
  - ❖ Peer Support Groups and Therapy
    - ◆ General
      - [Compassionate Friends](#) also offers support for bereaved parents, grandparents, and siblings through private Facebook groups focused on the following topic: [Loss to COVID-19 and Other Infectious Diseases](#)
      - [CovidConnections](#) “offers free, weekly virtual support groups for everyone who has survived Covid-19 personally or experienced the trauma of a loved one killed by Covid-19” in

- English and Spanish through their Facebook [discussion group](#) (from **Covid Survivors for Change**)
- [Virtual Grief Support Groups](#) for those who experienced the loss of a loved one due to COVID in English and Spanish (from **My Grief Angels**)
- [COVID-19 Loss Support for Family and Friends](#) Facebook page
- [Short-term spiritual and emotional support](#) to help meet immediate emotional and spiritual needs (from **RUACH: Emotional and Spiritual Support**)
- [Free phone-in and Zoom video support groups](#), including COVID-19 and Parental Loss in English and Spanish (from **VITAS Healthcare**)
- ◆ Specific Support
  - [Therapy Aid](#) offers free and low-fee sessions are available to US healthcare professionals and first responders (from **Therapy Aid**)
  - [Specialized support to military families, including those affected by COVID-19](#) such as peer support, virtual video gatherings, care groups, blogs/newsletters, and financial assistance for those grieving the death of a military loved one (from **Tragedy Assistance Program for Survivors**)
- **Websites**
  - ❖ [COVID Grief Network / Reimagine](#)
    - ◆ “COVID Grief Network “has a new home under Reimagine, a community-driven nonprofit dedicated to transforming the world by facing loss, death, and adversity together.”
  - ❖ [COVID Survivors for Change](#)
    - ◆ “COVID Survivors for Change is a non-partisan nationwide community of people who have been directly impacted by COVID. We share our stories, support each other, and advocate for a stronger pandemic response to save the lives of others.”
  - ❖ [Hidden Pain](#)
    - ◆ “Hidden Pain is a platform to honor the stories of children that have lost a caregiver to COVID-19, and provide resources to help them and their families as they rebuild and look to the future. We’re bringing together community organizations, grief groups, government resources, and more to surround these families with a comprehensive network of support. By strengthening the system to support these children and families, we will be helping

all children and families who have experienced loss.”

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