



General Resources

Grief Share Griefshare.org 800-395-5755

Living with Loss - Grief books www.bereavementmag.com 888-604-4673

Web Healing Interactive forums, articles and videos webhealing.com

Grief.com David Kessler's site with articles, events, resource directory www.Grief.com

Grief in Common

online peer support www.griefincommon.com 424-265-1818

Open to Hope articles, podcasts, and books www.opentohope.com

AARP Grief & Loss www.aarp.org/home-family/ caregiving/grief-and-loss

Keepr (qeepr) - online memorials & tributes www.qeepr.com

Specialized Support

GRASP (Grief recovery after a substance abuse passing) Grasphelp.org 302-492-7717

American Foundation for Suicide Loss www.afsp.org 888-333-2377

Twinless Twins www.twinlesstwins.org

MADD - Mothers Against Drunk Driving www.madd.org/get-help/victimassistance 877-275-6233 Suicide Loss Survivors suicidepreventionlifeline.org/helpyourself/loss-survivors

Tuck - Sleep & Grief www.tuck.com/sleep-and-grief

Pathways - Find an EMDR therapist www.pathwayscounseling.com/abusetrauma-and-emdr.html 262-641-9790

WidowNet Resources for widows and widowers www.widownet.org

National Organization of Parents of Murdered Children

www.pomc.com 513-721-5683

Loss of a Child

Bereaved Parents USA www.bereavedparentsusa.org 501-681-1464

Compassionate Friends www.compassionatefriends.org 877-969-0010

National SIDS and infant death program support center www.sids.org 239-431-5425

The Dougy Center - National Center for Grieving Children and Families www.dougy.org 866-775-5683

Missing Grace Foundation - Grief from infant loss or infertility www.missinggrace.org 763-497-0709 Center for Loss in Multiple Births (CLIMB) www.climb-support.org

Resources for Grieving Children

The National Alliance for Grieving Children childrengrieve.org 866-432-1542

Camp Hope - Camp for Grieving Children www.camphopeforkids.org 715-341-0076

Sesame Street sesamestreetincommunities.org/ topics/grief

The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to.

— Elisabeth Kubler–Ross

The International Order of the Golden Rule www.ogr.org | (800) 637-8030