

Grief Support Resource List

Before you do the Emotional Healing Process in this module, think about whom you can call upon if your emotions become too overwhelming for you to handle on your own. Choose a resource from this list to support you. Either put their number on your phone, find and join a support group or book a session. Once this step is completed, go ahead with the module. Thank you!

- **A friend** you can trust who accepts you and can support you.
- **National Suicide Prevention Lifeline: 800-273-8255** (Hours: Available 24 hours. Languages: English, Spanish.)
- **Call 911** for Life-Threatening Medical Emergency
- **Twelve-step programs** serve as readily available, easily accessible, and no-cost resources for individuals with substance use disorders, or co-dependency issues. There is clear evidence from various sources that early involvement, in the form of meeting attendance and engagement in recovery activities, is associated with better substance use and psychosocial outcomes as well as reduced health care costs.

Codependence Anonymous: coda.org

Alcoholics Anonymous: aa.org

Narcotics Anonymous: na.org

- **Online Grief Support Groups** bring people together who have been through the loss of someone close to them. Some target specific groups, such as parents who have lost a child or those who have lost loved ones who died by suicide. Others are more general. You may also see them as bereavement support groups or loss-support groups. You may find a group that meets in person, but the resources we list here are online groups focusing on online support.

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- Overall: www.grieving.com
- Parents who lost a child: [MISS Foundation](#)
- Pregnancy and infant loss: [First Candle](#)
- People who have lost a partner: [Widowers on Reddit](#)
- Young adults: [Actively Moving Forward](#)
- People grieving someone who died by suicide: [Suicide Grief Support](#)
- People grieving the loss of a pet: [Grief Healing Discussion Groups for Pet Loss](#)
- Loss of a twin: [Twinless Twins](#)
- Loss due to cancer: [Cancer Care](#)
- In-person option for grieving children: [Camp Erin](#)

- **A social worker** or other behavioral health professionals. (Your primary care doctor may be able to refer you, and it may be covered through your health insurance.)
- **Call 211 to speak with a live person who can help** locate long-term mental health resources, talk through a problem, or explore mental health treatment options.
 - 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.
 - If you prefer to text, use webchat, or search for resources online, use this link to find more: <https://www.211.org/about-us/your-local-211>
- **Veterans Crisis Line:** call **1-800-273-TALK (8255)** and **press 1**; or text **838255**
- **Crisis Text Line:** text the word 'Home' to **741-741**
- [The Trevor Lifeline](#) for LGBTQ Youth: call **1-866-488-7386**
- [The Trans Lifeline](#): call 1-877-565-8860
- **A 1:1 emotional healing session** through the Bliss Keys Program (You will need to book this in advance. This is an out-of-pocket expense and not covered through health insurance.)