



ADULT

24/7 Crisis Line:

- **For free and confidential support now, please call or text 988 or chat at 988lifeline.org. You can also text “TALK” to 741741.**
- A crisis is a time of intense difficulty, distress, or trouble. A crisis can be personal, a family crisis, or related to some other event in your life. If you or someone you know is struggling or in crisis, help is available. Crisis support is available to help anyone who is struggling with thoughts of suicide or mental health, substance abuse, or emotional distress. A trained crisis counselor will answer the phone and listen to you, provide support, and share resources if needed. If additional support is needed the crisis counselor will connect you to more services.

AARP – <http://www.aarp.org/relationship/grief-loss/>

- Provides practical information for legal matters such as estate planning and power of attorney as well as grief support articles and resources especially related to concerns for older adults.

Center for Loss and Life Transition – <http://www.centerforloss.com/>

- An organization dedicated to helping people who are grieving and those who care for them.

Centering Corporation – <http://www.centering.org>

- An organization dedicated to providing education and resources for the bereaved.

Grief Journeys for Adults

- This an ongoing online support group for adults 18 years and older who have experienced a loss through death. This support group is free and open to the public. Support group is only available for residents of ND/MN.
- Date: second Tuesday of each month
- Time: 6:30-8:00pm
- To register: call (800) 237-4629 and ask for the grief department or email grief@hrrv.org.

Grief Watch – <https://griefwatch.com>

- A publisher and manufacturer of bereavement books and materials used by families and professionals around the country.

HealGrief – <https://healgrief.org/>

- HealGrief is a social support network creating community after a loved one has died.

Hospice Foundation of America – <https://hospicefoundation.org/>

- Hospice programs are designed to assist individual consumers of health care who are coping with issues of caregiving, terminal illness, and grief.

Open to Hope - <https://www.opentohope.com/>

- An online community offering inspirational stories of loss, hope and recovery.

Option B – <https://optionb.org/>

- OptionB.Org 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.

Our House Grief Support Center – <http://www.ourhouse-grief.org/>

- An organization that provides grief support services, education, resources, and hope.

TAPS: The Tragedy Assistance Program for Survivors – <https://www.taps.org/>

- An organization that offers compassionate care to all those grieving the loss of a military loved one.

What's your grief? – <https://whatsyourgrief.com/>

- Site that provides grief education, exploration, and expression in both practical and creative ways.

DEATH OF A CHILD

Bereaved Parents of the USA - <http://www.bereavedparentsusa.org>

- A self-help group that offers support, understanding, compassion and hope to bereaved parents, grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings.

Compassionate Friends – <http://www.compassionatefriends.org>

- 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.

Grieving Parents Support Network – <http://grievingparents.net/>

- The Grieving Parents Support Network [GPSN] is a platform for you, fellow bereaved parents. It contains online support including grief information, resources, and connections with other bereaved parents.

MISS Foundation – <https://missfoundation.org/>

- An organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child.

The National Child Traumatic Stress Network

- <https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief>
- The National Child Traumatic Stress Network (NCTSN) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.

(Pregnancy & Infant Loss, next section)

PREGNANCY & INFANT LOSS

M.E.N.D: Mommies Enduring Neonatal Death – <https://www.mend.org/>

- An organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death.

Pregnancy & Infant Loss

- This an ongoing online support group for anyone who has experienced the death of a baby through pregnancy loss, stillbirth or in the first year of life. This support group is free and open to the public. Support group is only available for residents of ND/MN.
- Date: fourth Tuesday of each month
- Time: 6:30-8:00pm
- To register: call Hospice of the Redi River Valley Grief Department at 800.237.4629 or email grief@hrrv.org

Share Pregnancy and Infant Loss Support – <http://nationalshare.org>

- A community for anyone who experiences the tragic death of a baby.

Star Legacy Foundation – <http://starlegacyfoundation.org>

- An organization dedicated to reducing pregnancy loss and neonatal death and improving care for families who experience such tragedies.

SPOUSE/PARTNER LOSS

Grief Journeys for Adults

- This an ongoing online support group for adults 18 years and older who have experienced a loss through death. This support group is free and open to the public. Support group is only available for residents of ND/MN.
- Date: second Tuesday of each month
- Time: 6:30-8:00pm
- To register: call (800) 237-4629 and ask for the grief department or email grief@hrrv.org.

Grief Journeys for Widows

- This an ongoing online support group for women who have experienced the death of a partner. This support group is free and open to the public. Support group is only available for residents of ND/MN.
- Date: first Tuesday of each month
- Time: 6:30-8:00pm
- To register: call (800) 237-4629 and ask for the grief department or email grief@hrrv.org.

Loss of a Young Partner

- This an ongoing online support group for those who have lost their spouse or partner by death and are in their young to middle years of life. This support group is free and open to the public. Support group is only available for residents of ND/MN.
 - Date: second Tuesday of each month
 - Time: 1:00-2:30pm
 - To register: call (800) 237-4629 and ask for the grief department or email grief@hrrv.org.

SUICIDE LOSS

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American Foundation for Suicide Prevention – <http://www.afsp.org>

- AFSP raises awareness, funds scientific research and provides resources and aid to those affected by suicide.

Alliance of Hope for Suicide Loss Survivors – <http://www.allianceofhope.org/>

- Provides healing support for people who have lost loved ones to suicide.

Grief Journeys for Adults

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- Time: 6:30-8:00pm
- To register: call (800) 237-4629 and ask for the grief department or email grief@hrrv.org.

Parents of Suicide and Friends and Families of Suicide – <http://www.pos-ffos.com/>

- Online web resources for parents bereaved by suicide, and other family members/friends bereaved by suicide (siblings, children, spouses, friends, etc.)

PODCASTS FOR ADULTS

Grief Out Loud

- <https://www.dougy.org/grief-resources/podcasts/>

Terrible, Thanks for Asking

- <http://www.noraborealis.com/podcast/>

GRIEF AND RELAXATION APPS FOR ADULTS

- » Calm
- » Headspace
- » Naturespace
- » Relax Melodies
- » Sand Garden
- » Simply Being
- » Sleep Pillow
- » Telsa Toy

CHILDREN & TEENS

New York Life Foundation

- <https://www.newyorklife.com/foundation/bereavement-support>
- Helping families in times of grief by creating this online grief resource which offers articles, expert tips, personal stories and local resources for families, educators and community members.

Scholastic Books

- <http://www.Scholastic.com/snp/childrenandgrief-2.htm>
- With New York Life, they provide support and resources for parents and teachers of children dealing with grief.

NAGC: National Alliance for Children's Grief

- www.nacg.org
- An 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.

The Dougy Center: The National Center for Grieving Children & Families

- <http://www.dougy.org>
- The Dougy Center provides a safe place for children, teens, young adults and their families who are grieving a death to share their experiences. We do this through peer support groups, education, and training.

Eluna

- <https://elunanetwork.org/>
- Their mission is to provide comfort, hope and healing to children affected by loss and family addiction.
- Eluna is the sponsor of Camp Erin, the largest national bereavement program for children and teens grieving the death of someone close to them.

RECOMMENDED GRIEF JOURNALS FOR KIDS (available online)

Art with Heart resources:

- <https://www.artwithheart.org>
 - Magnificent Marvelous Me (grades K-2)
 - Draw it Out (grades 3-5)
 - Ink it Out (6th-8th grade)
 - Chill & Spill (9th-12th grade)

Dougy Center resources:

- <https://dougybookstore.org>
 - Deconstruction Reconstruction (for ages 12& older)
 - After a Death (for ages 7-13)

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies

- By: Janice Silverman (For elementary children)
- Available at Amazon.com

How I Feel: A Coloring Book for Grieving Children

- By: Alan D. Wolfelt (for ages 2-8); available www.centerforloss.com

When Someone Dies: A Child-Caregiver Activity Book

- Available from NACG; www.nacg.org (for ages 7-12)

GRIEF AND RELAXATION APPS FOR KIDS

- » Breathe Kids
- » BreathingBubbles
- » Fingerpaint
- » Fluidity
- » MyGriefJournal
- » Sesame Street Breathe
- » Sesame Street for Military families (Grief section applies to all children)
- » SuperStretch