

When a family member or friend dies, it can be shocking, sad, traumatic, and overwhelming. We understand that the death of someone close to you can be the most difficult event you will ever experience in your life. You do not have to go through this alone. Ask your family and friends for help, use the resources available to you, and consider joining a therapy or support group if needed. Below are some resources that are available online. There are also in-person support groups that operate in and around the Pensacola area at various dates and times throughout the year. Please contact our Family Advocate at (850) 332-6047 for more information.

Grief Support – Loss Due to Suicide

The **American Foundation for Suicide Prevention (AFSP)** offers healing conversations and an opportunity for a person who has lost someone to suicide to talk with experienced volunteers who are themselves survivors of suicide loss: <https://afsp.org/healing-conversations/> For in-person group meetings addressing the loss of a loved one to suicide, visit <https://afsp.org/find-a-support-group>

The **American Association of Suicidology (AAS)** offers resources for suicide loss survivors including A Handbook for Coping With Suicide Grief: <https://suicidology.org/resources/suicide-loss-survivors/>

Suicide Awareness Voices of Education (SAVE) offers education, training, advocacy, and support for suicide loss survivors: <https://www.save.org/programs/suicide-loss-support/>

Friends for Survival provides a variety of peer support services that comfort, encourage, and educate those in grief from a suicide loss: <https://friendsforsurvival.org/>

Alliance of Hope believes no suicide loss survivor should go without support and has been working to decrease stigma, increase understanding of the suicide loss experience, and provide direct support to survivors: <https://allianceofhope.org/>

Grief Support – Loss Due to Substance Use

The Herren Project addiction grief support group is for individuals grieving from losing a loved one to drug addiction, alcoholism, or a drug overdose. This group is open to parents who have lost a child, children who have lost a parent, brothers and sisters who have lost a sibling, spouses who have lost a partner, and individuals who have lost a friend: <https://herrenproject.org/grief-support-group/>

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: <https://grasphehelp.org/m/>

Hanley Foundation offers a virtual grief support group to those who have lost a loved one to substance use. Grief can be isolating and it can feel as though no one understands the pain. Join others who are navigating the waves of grief and find solace with others on the same journey: <https://hanleyfoundation.org/resources/grief-group/>

Grief Support - Loss of Child / Grandchild / Sibling

<https://www.compassionatefriends.org/>

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family.

<https://www.bereavedparentsusa.org/>

Bereaved Parents provides a safe space where grieving families can connect, share stories, and learn to rebuild their lives. We attend meetings whenever we can and for as long as we find helpful. We share our fears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness, knowing these emotions will be met with compassion and understanding. As we support, comfort, and encourage one another, we offer hope and healing. As we confront the deaths of our loved ones, our shared grief brings us to a common ground that transcends differences, building mutual understanding across the boundaries of culture, race, faith, values, abilities, and lifestyle.

<https://www.missfoundation.org/grieving/>

We provide support for families struggling with traumatic grief. We provide Family Support Packets with information and resources for bereaved parents, grandparents, and siblings. Upon request, we will connect you with a volunteer HOPE mentor. The MISS Foundation also has support groups in some communities, as well as counseling options and referrals.

Grief Support - Loss of Infant

<https://nationalshare.org/>

Share 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. Share is a national organization with over 75 chapters in 29 states. Our services include bedside companions, phone support, face-to-face and online support group meetings, resource packets, private online communities, comfort kits, memorial events, training for caregivers, and so much more.

<https://rtzhope.org/>

RTZ HOPE is a national non-profit organization that provides holistic support, resources, and community for all people who have experienced unimaginable loss during the journey to parenthood. We are here with valuable resources and inclusive support for anyone whose life has been touched by loss, including miscarriage, termination for medical reasons (TFMR), stillbirth, infant or toddler death, loss through surrogacy, and failed adoption. No matter if your loss is recent or in the past, RTZ HOPE is dedicated to empowering parents to seek whatever paths to healing are right for you. We come alongside anyone who would otherwise suffer in silence. As impossible as it may feel right now, we want you to know there is hope. You will never forget your baby, but you will find meaning and experience joy again.

<https://firstcandle.org/>

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

<https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

1.800.944.4773 Text in English: 800-944-4773 Text en Español: 971-203-7773

Experiencing the loss of a pregnancy, infant, or child brings unimaginable pain, grief, and isolation. Non-judgmental support, information, and connection with others is available to you.

<https://www.glowinthewoods.com/>

Parents of lost babies and potential of all kinds come here to share the technicolor, 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.

Grief Support – For Military Families

TAPS (Tragedy Assistance Program for Survivors)

- Support for those affected by any type of death of a military member or veteran
- Call 800-959-TAPS (8277) or visit <https://www.taps.org/>

America's Gold Star Families

- Providing honor, hope, and healing for grieving military families who have lost a loved one while serving on active duty, regardless of military loss
- Call 309-231-5090 or email info@americasgoldstarfamilies.org

Grief Support – For Kids

Children feel and express their grief differently than adults. To help a child process and understand death, use clear and concise words. Give them space to ask questions and answer them honestly. Use age-appropriate language. Assure them that the feelings they have are normal. Healing and feeling better takes time, but they will be okay. Talk with the child about the loved one and share fond memories. It is okay to express your sadness and grief in front of children. It helps to normalize feelings that they, too, might be having. If you think the child needs additional support in coping with the death, there are child-specific resources available to you.

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

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 who are grieving.

<https://nacg.org/find-support/>

The **National Alliance for Children's Grief (NACG)** 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. Through the collective voice of our members and partners, we educate, advocate, and raise awareness about childhood bereavement.

<https://childbereavement.org/>

The goal of the **Children's Bereavement Center (CBC)** is to enable children and families to acknowledge change, adjust and integrate loss with healthful grief and mourning.

<https://www.kidsgriefsupport.com/>

Kids Grief Support helps grieving children process and cope with difficult life events through play and developmentally appropriate modalities.

<https://sesameworkshop.org/topics/grief/>

Sesame Workshop is a global impact nonprofit organization with a mission to help children everywhere grow smarter, stronger, and kinder. Grieving may never completely end, but working through difficult feelings can get easier with time. Through support, open conversations, and finding ways to keep the person's memory alive, families can begin to heal.

Grief Support - Therapy

Psychology Today Support Group and Therapist Databases:

<https://www.psychologytoday.com/us/groups>

<https://www.psychologytoday.com/us/therapists>

There are national databases searchable by location, type of therapy/group, issues to be addressed, etc.

Online Therapy:

Online therapy provides a convenient and often affordable way to access mental health help without requiring that you visit a counseling center or therapist's office in person. Instead, you can connect with your therapist via video call, phone call and/or text message conversation, depending on your needs and preferences. Online therapy is a safe space in which you can address topics like depression, anxiety, stress, trauma, life transitions, bereavement and more.

- <https://www.betterhelp.com/>
- <https://www.talkspace.com/>
- <https://growtherapy.com/>
- <https://cerebral.com/>
- <https://www.online-therapy.com/>

GriefShare Network

GriefShare is a national Christian-based support network that runs in 13-week cycles and is offered online and in-person at various churches on a rotating basis. A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Participating churches change frequently so visit www.Griefshare.org/groups/search and enter your zip code for the most accurate information.

DISCLAIMER: The resources and websites listed above are not endorsed by the District One Medical Examiner's Office and are not inclusive of all resources available. Additionally, this list is based on the most readily available information and is subject to change without notice.