

# Grief and End-of-Life Websites

## AARP

[www.aarp.org/relationships/grief-loss](http://www.aarp.org/relationships/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. Information also available in Spanish.

## AfterTalk

[www.aftertalk.com](http://www.aftertalk.com)

An online grief support resource providing opportunities to write to or about the person who died—in complete privacy or to share with selected others such as friends, family and/or a therapist. Also, includes a section for questions to and responses from a respected grief therapist.

## American Association of Suicidology

[www.suicidology.org](http://www.suicidology.org)

Excellent information and links to suicide-related topics. If you are having suicidal thoughts or are concerned about a friend or relative who may be at-risk for suicide, call 1-800-273-TALK (8255).

## American Foundation for Suicide Prevention

[www.afsp.org](http://www.afsp.org)

Especially good information on suicide prevention and for survivors of suicide. Sponsors an annual International Survivors of Suicide Day program on the Saturday before Thanksgiving and "Out of the Darkness" community walks to remember those who have died by suicide. Arkansas has a local chapter of the AFSP. If you are having suicidal thoughts or are concerned about a friend or relative who may be at-risk for suicide, call 1-800-273-TALK (8255).

## Association for Death Education and Counseling

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

A multidisciplinary membership organization offering excellent educational programs and materials including an outstanding annual conference, a membership newsletter, online education, networking and online subscriptions to *Death Studies* and *Omega: The Journal of Death and Dying*.

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## **Association for Pet Loss and Bereavement**

[www.aplb.org](http://www.aplb.org)

This association provides opportunities for support and education regarding pet loss. The site includes links, chat rooms, and helpful articles for grieving pet owners.

## **Bereaved Parents of the USA**

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

A national non-profit organization established to reach out to bereaved parents and siblings. BP/USA and its chapters offer support to parents regardless of their race, creed, economic status or cause of death. Website information is available in Spanish.

## **Canadian Virtual Hospice**

[www.virtualhospice.ca](http://www.virtualhospice.ca)

Wide-ranging and helpful information about palliative and end-of-life care, loss and grief. Includes a long list of topics and questions respectfully addressed in clear, non-technical language.

## **Centering Corporation and Grief Digest Magazine**

[www.centering.org](http://www.centering.org)

An exceptional resource, for inexpensive brochures, publications, and workshops. Resources available in Spanish. Grief Digest Magazine is a quarterly publication available by subscription and has published Mourning News essays in the past.

## **Channing L. Bete Co., Inc.**

[www.channing-bete.com](http://www.channing-bete.com)

Publishers of several "Scriptographic" pamphlets including About Grief, About Dying, Sad Hug, Mad Hug, Happy Hug and When Someone you Love Dies. Its publication, Working Through Grief, is used in the Good Mourning Grief Support Groups for adults.

## **Compassion Books**

[www.compassionbooks.com](http://www.compassionbooks.com)

An excellent mail-order resource for books on loss and grief for children and adults. Resources available in Spanish.

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## Compassionate Friends

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Offers local self-help groups for parents grieving the death of a child and has both written and video resources. Website information is available in Spanish. There are eight Compassionate Friends chapters in Arkansas-see Grief Support Groups in Arkansas for details.

## The Conversation Project

[www.theconversationproject.org](http://www.theconversationproject.org)

Helpful resources for having "the conversation" about wishes for end-of-life for ourselves and those we love. Includes suggestions for having "the conversation" with children facing end-of-life situations.

## Dougy Center

[www.dougy.org](http://www.dougy.org)

A model center for grieving children and families. Resources include week-long training institutes, training manuals, videotapes and publications.

## GriefShare

[www.griefshare.org](http://www.griefshare.org)

GriefShare is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. GriefShare groups are offered in churches and include religious content from the Christian tradition.

## GriefNet

[www.griefnet.org](http://www.griefnet.org)

An internet community of persons dealing with grief, death, and major loss. They have many email support groups covering a great variety of losses and two websites. This site also has a very broad annotated book list for a variety of losses and grief topics.

## Growth House

[www.growthhouse.org](http://www.growthhouse.org)

A very informative and helpful website dedicated to improving care for the dying that includes "best of the net" resources on most grief categories and palliative care.

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## Hospice Foundation of America

[www.hospicefoundation.org](http://www.hospicefoundation.org)

The Hospice Foundation of America is a trusted and increasingly comprehensive source of information on end-of-life, hospice care, online education and grief.

## Kids Said

[www.kidsaid.com](http://www.kidsaid.com)

A website operated by GriefNet (see site description above). It provides a safe place for children to share and help each other deal with grief about any of their losses.

Opportunities to share feelings, show artwork, and meet peers online are provided.

Parent permission is necessary to participate.

## ManTherapy

[www.mantherapy.org](http://www.mantherapy.org)

A very creative and clever website designed especially for men who might be struggling with depression or thoughts of suicide. Also appropriate for those concerned about a male friend or family member.

## MISS Foundation

[www.missfoundation.org](http://www.missfoundation.org)

An online support site for those who have experienced the death of a child with an award-winning newsletter, articles and poems. Website information is available in Spanish.

## Modern Loss

[www.modernloss.com](http://www.modernloss.com)

Candid conversation about grief. Beginners welcome. Articles about coping, practical issues, culture and the media concerning death and grief. A unique and helpful site.

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## **National Alliance for Grieving Children**

[www.childrengrieve.org](http://www.childrengrieve.org)

A membership alliance of organizations and individuals dedicated to providing and improving support for grieving children. Hosts an annual national symposium on children's grief support and provides online educational program and networking groups. Good information for those wanting to support a grieving child. The Center for Good Mourning is a member of the National Alliance for Grieving Children.

## **National SHARE Office**

[www.nationalshare.org](http://www.nationalshare.org)

A national organization offering support for parents who have experienced a pregnancy loss. The website includes a national directory of support groups and special sections for parents and for professionals.

## **Open to Hope**

[www.opentohope.com](http://www.opentohope.com)

An online forum where people can share inspirational stories of loss and love. Website visitors are invited to read, listen and share their stories of hope and compassion. Greg Adams, the Program Coordinator for the Center for Good Mourning, is an invited author for Open to Hope.

## **Parents of Murdered Children**

[www.pomc.com](http://www.pomc.com)

A national organization for parents and other co-victims of homicide providing support services and groups, legal information and advocacy.

## **Society for the Prevention of Teen Suicide**

[www.sptsusa.org](http://www.sptsusa.org)

High-quality information for parents, educators and adults working with teens concerning understanding teen suicide and how to respond to lessen the risk of suicide. Online training modules available. If you are having suicidal thoughts or are concerned about a friend or relative who may be at-risk for suicide, call 1-800-273-TALK (8255).

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## **Suicide Prevention Resources Center**

[www.sprc.org](http://www.sprc.org)

Excellent information regarding suicide prevention including a suicide prevention crisis line for a person or friend of the person in suicidal crisis at 1-800-273-TALK (8255). Provides a weekly newsletter for updates on suicide prevention research, policies and programs.

## **TAPS**

[www.taps.org](http://www.taps.org)

Provides a wide variety of support services to families experiencing the death of someone serving in the military. Survivor Seminars, Good Grief Camps, and a 24-hour hotline, 1-800-959-TAPS (8277), are among the services available.

## **What's Your Grief?**

[www.whatsyourgrief.com](http://www.whatsyourgrief.com)

Creative and wide-ranging information and articles about grief and coping in contemporary society and culture. Lots of insightful commentaries and practical information.