



# GRIEF SUPPORT RESOURCES

After the loss of a loved one, coping with daily living can be hard. Everyone handles grief differently and it is important to seek support when needed. Haven offers individual, family and group bereavement support, as well as educational resources for anyone who has experienced a loss. You can reach Haven's bereavement team by calling 1.844.LIGHTEN (1.844.544.4836). Below are some additional resources you can access remotely online.

## NATIONAL ORGANIZATIONS

- [The Center for Loss & Life Transitions](#)
- [Dougy Center for Grieving Families](#)
- [National Alliance for Children's Grief](#)
  - NAGC Hero Toolkit
  - NAGC Holiday Toolkit
  - NAGC Responding to Change Toolkit
- [Sesame Street in Communities: Helping Kids Grieve](#)
- [Coalition to Support Grieving Students](#)
  - [Additional Coalition Resources Speaking Grief](#): Documentary and Grief Resources

## SPECIALIZED SUPPORT GROUPS + ENVIRONMENTS

- Child Loss: [The Compassionate Friends](#)
- Young Adults: [COVID Grief Network](#)
- Young Adults (18 - 30): [Heal Grief Virtual Support](#)
- Widowed Persons: [Soaring Spirits](#)
- Men's Grief: [National Widowers](#)
- Teens: [Teenage Grief Sucks](#) (Run by Teens)
- Teens: [Videos and Social Media for Teen Grief](#)

## WEBSITES TO SEARCH FOR RESOURCES

- [Mental Health Treatment/Service Locator](#)
- [Heal Grief Local/National Resources](#)

## OTHER MEDIA RESOURCES

- BOOK: [The Fall of Freddie the Leaf](#)
- APP: [HealGrief.org](#) (Communities for Ages 18 - 30, 30+ or Professionals)
- VIDEO: [Grief Out Loud](#)
- PODCAST: [TeenGrief.com](#) (Teen Interviews Grief Professionals)