



Local Resources

Sharon S. Richardson Community Hospice

www.ssrhospicehome.org

SSRCH offers grief support groups and individual grief support free of charge. Grief support services are open to the community. Feel free to contact us at 920-467-1800, and we will listen.

Mental Health America –MHA

MHA is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting overall mental health. MHA offers specialized support grief groups and has a searchable directory of local therapists specializing in grief counseling.

MHA of Wisconsin: www.mhawisconsin.org

MHA of Sheboygan County: www.mhasheboygan.org/support-groups

Grief Share

www.griefshare.org

This national website offers a list of local faith-based grief share groups and grief-related seminars offered at community churches and is searchable by your location. Groups are led by laypeople.

State Resources

211 Wisconsin

www.211wisconsin.communityos.org

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance, call the three-digit number 211 or 877-947-2211. A person will be with you 24/7/365. They also have a searchable database of grief-related resources by location.

Grief Words: Resources for Mourners and Caregivers

www.froedtert.com/health-resources/griefwords

Froedtert and the Medical College of Wisconsin curate this website and offer many resources to support those grieving all types of losses.

National Resources

The Good Grief

www.goodgrieffest.com

The Good Grief offers “virtual festival of love and loss” events held online by the University of Bristol. The Good Grief website also provides a “grief channel,” blogs, and many other resources for grievers.

Verywellmind.org

www.verywellmind.com/best-online-grief-support-groups-4842333

Verywell Mind has a list of grief support resources on the web, ranging from message boards to social media-based and email-based support options.

Grieving.com

Grieving.com is one of the oldest grief support communities on the internet and now supports a quarter million people annually from over 100 countries. The focus is to provide grief support via community interaction.

The Dougy Center for Grieving Children and Families

www.dougy.org

The mission of The 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. They provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving. Find tip sheets, activities, podcasts, and more through our personalized toolkits.

What's Your Grief?

www.whatsyourgrief.com

The mission is to promote grief education, exploration, and expression in practical and creative ways. They offer literature, a blog, podcasts, online courses, and a supportive community.

Center for Loss and & Life Transition

www.centerforloss.com

Founded in 1984 by Dr. Alan Wolfelt, the Center for Loss and Life Transition is dedicated to “companioning” grieving people as they mourn significant transitions and losses that transform their lives. The site offers education and training for griever and professionals about the Companioning Model approach developed by Dr. Wolfelt.

HelpGuide

www.helpguide.org/home-pages/grief.htm

HelpGuide is a small independent nonprofit that runs one of the world’s top 10 mental health websites. Over 50 million people worldwide turn to HelpGuide to improve their mental health and make healthy changes.

Psychology Today

www.psychologytoday.com/us

Psychology Today offers grief information, and a searchable database for grief groups and therapists specializing in grief. In addition, you can connect with a therapist for telehealth support.

Hospice Foundation of America

www.hospicefoundation.org

Hospice Foundation of America has a section dedicated to grief information, resources, and videos. The website also offers a fillable form for you to Ask an Expert, which is confidential guidance to patients, families, and other interested parties regarding care at the end of life and bereavement.

Cake

www.joincake.com/welcome

Cake is the largest end-of-life platform on the internet and was founded by MIT and Harvard Alumni. There are over 3000+ end-of-life articles and tools. Grievers may want to check out their curated list of movies to help process grief. Let’s not underestimate the power of cinema therapy.

NPR Grief Life Kit

NPR (National Public Radio) offers a podcast called Life Kit, full of life topics. Google “grief life kit” to access many short podcasts (14 to 20 minutes) and companion articles focused on various grief topics.

TED Talks Playlist

www.ted.com/search?q=grief

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. TED.com is a clearinghouse of free knowledge from the world’s most inspired.

Next Avenue – News and information for people over 50

www.nextavenue.org

Search the Next Avenue website for any grief-related topics and other end-of-life topics. Next Avenue is a digital platform launched by PBS that offers original and aggregated journalism aimed at baby boomers.

Book Recommendations

New York Magazine - 16 Best Books About Dealing With Grief, According to Psychologists

www.nymag.com/strategist/article/best-books-grief.html

Follow the link above to access a well-researched list of books to support grievers of all types.

Scholastic Parents: Seven Touching Books to Help Kids Understand Death and Grief

www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/7-touching-books-to-help-kids-understand-death-and-grief.html

Scholastic offers a carefully curated list of books to assist adults in helping children to cope with grief.

What's Your Grief: Six Books for Grieving Teenagers

www.whatsyourgrief.com/six-books-grieving-teenagers

This helpful organization mentioned above offers a shortlist of books for teens.

***How to Go on Living When Someone You Love Dies* by Theresa A. Rando Ph.D. (1991)**

Rando's book is a classic in the world of bereavement literature. She offers time-tested sage advice on coping with the loss of a loved one.

***It's Okay that You're Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand* by Megan Devine (2017)**

With *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing.

***Option B: Facing Adversity, Building Resilience, and Finding Joy* by Sheryl Sandberg and Adam Grant**

In 2015 Sheryl Sandberg's husband, Dave Goldberg, died suddenly at forty-eight. Sandberg and her two young children were devastated, and she was confident that their lives would never have joy or meaning again. Her friend Adam Grant, a psychologist and researcher at Wharton, told her there are steps people can take to recover and rebound from traumatic life experiences. *Option B* combines Sheryl's lessons and insight with Adam's research on life changes when faced with adversity.

***Healing After Loss: Daily Meditations for Working Through Grief* by Martha W. Hickman (1994)**

This daily meditation book is a selection of meditations for people that prefer not to read a whole book on grieving. This approach allows for daily nuggets of comfort and wisdom, enabling grievers to reflect and process Hickman's compilation of musings on grief.

***I Wasn't Ready to Say Goodbye: Surviving, Coping, and Healing After the Sudden Loss of a Loved One* by Brook Noel & Pamela Blair Ph.D. (2008)**

Based on their own sudden loss and drawing on numerous interviews, authors Brook Noel and Pamela D. Blair, Ph.D. explores unexpected death: suicide, accident, the loss of a child. *I Wasn't Ready to Say Goodbye* provides survivors with support and comfort to those grieving due to sudden loss.

***Living Forward After Loss: Rebuilding Your Life After Losing Your Life Partner* by Kathleen Ho (2020)**

When the life partner you once had is no longer here, your world collapses in front of your eyes. Author Kathleen Ho had been married to David Bigby for ten years at the time of his passing in 2015. Kathleen provides practical strategies that grievers can adopt in their grief journey.

***Widow To Widow: Thoughtful, Practical Ideas For Rebuilding Your Life* by Genevieve Davis Ginsburg, (2004)**

Widow, author, and therapist Genevieve Davis Ginsburg offers fellow widows and their family and friends sage advice for coping with the loss of a husband. Ginsburg writes about learning to travel and eating alone, to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds.