Why This Guide?

America is now facing an unprecedented level of loss due to the COVID-19 pandemic, and it is unlike anything we have witnessed in our lifetimes. The staggering number of deaths holds devastating implications for our mental health. Research has shown that grief resulting from the death of a loved one to COVID-19 is more intense, prolonged, and debilitating than grief stemming from most other causes. These painful feelings of grief are often accompanied by other powerful emotions, including guilt, anger, and fear about what lies ahead. In addition, Americans continue to struggle with the difficulties brought about by the pandemic, such as profound disruptions in our daily lives and insecurity about work, housing, and food. For many, the stress associated with the pandemic has been pervasive and unrelenting. It has taken an enormous toll on our health, our relationships and our feelings of safety and security.

While the rapid development of vaccines has been a cause for optimism, the death toll has not abated. As a result, many Americans have become discouraged about whether things will ever return to the way they were. Certainly, for those who have lost a loved one to COVID-19, life will never go back to normal.

Experts have begun to express alarm about the mental health ramifications of the pandemic. Anxiety, depression, and PTSD have become more prevalent. There have also been dramatic increases in the incidence of suicide, child abuse, domestic violence, and substance abuse. The demand for mental health services has grown exponentially, placing an even greater strain on a system that was stretched to its limits prior to the pandemic. This has resulted in limited access to professional help, especially for those hit the hardest by the pandemic – people at the lowest socioeconomic levels, people of color, Native Americans, immigrants, and members of the LGBTQ+ community. Without question, we are facing a mental health epidemic that will long outlast the pandemic itself.
When COVID-19 began to spread throughout the U.S., our team felt a strong call of action in response to the overwhelming mental health crisis we saw unfolding before us. We began to explore online resources that could help bereaved people address their grief, manage their painful emotions, build resilience, and improve their mental health and well-being. We searched for information that would facilitate self-care and provide strategies to help people stay connected to others. Finally, we looked for personal stories of grief so that bereaved individuals would recognize that they are not alone. Our overall goal was to provide resources to empower those who are grieving and facilitate their ability to cope with their loss.

We reviewed hundreds of websites to identify resources to those who lost a loved one to COVID-19. In doing so, we came across other material on those sites that was interesting and relevant. We also found websites that did not feature material on COVID-19 but touched upon a topic that we felt was important, such as resources for suicide prevention, intimate partner violence, child abuse and substance abuse. Ultimately, we selected the best of these resources and combined about 100 of them into a comprehensive searchable guide.

Prior to making the Guide public, we submitted it to several experts in grief and bereavement for review. Without exception, the reviewers described the Guide as an extremely valuable resource for those who lost a loved one to COVID-19. For example, Dr. Robert Neimeyer, Director of the Portland Institute of Loss and Transition, stated the Guide was a “Godsend” and that “countless mourners will suffer less because of this remarkable compendium.”

**Resources Included in the Guide**

The websites in this Guide offer a rich array of resources. Some sites provide information about grief; for example, giving assurance that grief *in itself* is not a mental disorder and that there is no right or wrong way to grieve. Some provide material to help mourners process their grief. For instance, one site explains how to use journaling to cope with grief; another describes steps that mourners can take to promote healing. There are websites that address a specific issue, such as how to explain death to a child or how to manage financial distress brought about by the pandemic. Some websites focus on the practical aspects of loss, such as how to cancel your loved one's social media accounts or how to deal with personal belongings. There is also material on how to help the bereaved, including the best and worst things to say to them.

The links on each site connect to resources in a variety of formats, including articles, blog posts, booklets, podcasts, support groups, videos, and webinars. Although most of the material is in English, there are many links to resources in Spanish, as well as some links to material in other languages, including Chinese and Arabic. There are a few websites that offer fee-based services; in such cases, the free content was compelling enough to warrant its inclusion on the list.

We will update the Guide regularly as new websites are identified and/or new information is added to the websites currently included in the Guide. We welcome recommendations regarding additions to the Guide as well as suggestions for how it may be improved.
Information may be moved or deleted from a given website and, in that case, the link to that resource will not work; however, other material on that website may be of interest to the reader.

About the authors and team members: This Guide was created by a small team of dedicated people without professional or financial backing.

Camille B. Wortman, Ph.D., is a Professor Emeritus of Psychology at Stony Brook University in New York. Her research focuses on bereavement, with an emphasis on how people are affected by the sudden, traumatic death of a loved one. She has authored four books, including one on Traumatic Bereavement, as well as more than 100 articles and book chapters dealing with grief, loss, and trauma. Dr. Wortman has received awards for her research from the American Psychological Association and the National Science Foundation. Her work has been featured in such media outlets as The New York Times, The Washington Post, National Public Radio (NPR), Public Broadcasting Service (PBS), and The Wall Street Journal. At present, she is working with state and local governmental agencies regarding how to best serve constituents who are struggling with grief and loss.

Jessica Gregory, M.S., is a graduate of the Finger Lakes School of Acupuncture and Oriental Medicine at the Northeast College of Health Sciences in Seneca Falls, New York. She is an NCCAOM National Board-Certified Oriental Medicine practitioner and worked in private practice as a licensed acupuncturist for over ten years. Ms. Gregory now co-owns Family Billing Solutions, LLC, a medical billing company for complementary and alternative medicine (CAM) healthcare professionals.

The authors owe an enormous debt of gratitude to Dr. Wortman’s son, Andrew Wortman. Andrew played a vital role in every aspect of this endeavor, drawing from his expertise in psychology and technology. His passion for assisting those in need was an inspiration to all of us. The authors also thank Ms. Chérie Mahady and Dr. Eoin Gregory for their contributions.

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Note from the Authors

Thank you for taking the time to review our Guide. If you find this to be a valuable resource, we hope you will help us share it with others who might benefit from it. Our goal is to make the Guide available to those in a variety of settings, including mental health practitioners, physicians and nurses, funeral directors, first responders, faith communities, and community agencies.

In future versions of this Guide, we would like to include personal stories from those who have found it useful in moving forward with their lives in the aftermath of their loss. We believe that this will help illustrate the usefulness of the Guide, as well as inspire and encourage others who are grieving. If you have such a story that you are willing to share, we welcome you to send it to us.

Dr. Wortman may be reached at camille.wortman@stonybrook.edu. Ms. Gregory may be reached at jmsgreg1@gmail.com. Please note that we are not able to respond to individual requests for support.

DISCLAIMER: The information in this Guide is provided for educational and informational purposes only. It is not a substitute for professional help. All of the information has been provided in good faith. The websites included in this Guide represent a comprehensive but not exhaustive list of websites. Failure to include a website, or a specific feature on a given website, is not indicative of a negative evaluation of that resource. The authors are not representing the information included in the Guide as accurate or valid. It is the responsibility of the user to evaluate any information included on the websites and to seek the advice of professionals as necessary. Under no circumstances do the authors accept any liability for problems that users may incur as a result of relying on these websites or the information contained therein.
How to Use This Guide

If you are viewing a paper copy of this Guide, please access the online version at www.covidgriefresources.com.

We strongly recommend that you download a copy of the Guide and view in a PDF reader such as Adobe Acrobat.

The Guide begins with a complete list of the websites included in the Guide. This is followed by specific information about each entry. The entry begins with the organization’s name and logo and a description of their mission. Next, we include links to general information about grief. This is relevant to those who have lost a loved one from any cause, including COVID-19. The last portion of the entry includes links to information developed specifically for those who lost a loved one during COVID-19. The next page features a list of the websites included in the Guide.

You may either review the Guide in its entirety or search it to find information specific to your needs. How you search the document depends on the type of device you are using.

**How to search the Guide on an Apple computer (running Mac OS):** Open the Guide in your web browser (e.g., Safari, Firefox, Google Chrome, etc.) Click the Edit Tab at the top of the page and then select “Find” or “Find on this Page.” You can also use the shortcut by pressing and holding down the “command” key, then pressing the “F” key. A search box will appear. Type the term you want to search and press the “enter/return” key. This will locate the search term throughout the document. If there is a resource you wish to view, click on the underlined link to be directed to the material on that particular website.

**How to search the Guide on a Microsoft computer (running Windows):** Open the Guide in your web browser (e.g., Google Chrome, Firefox, Microsoft Edge, etc.) Use the search feature by holding down the “control” key and pressing the “F” key. A search box will appear. Type the keyword or phrase that you want to find and press the “enter/return” key.

**How to search the Guide on a mobile Apple device (e.g., iPhone, iPad):** For iPhones, iPads, and other mobile devices running Mac iOS, press this icon at the bottom of your screen . This will bring up a menu. Select the option that says, “Find on Page” and has a magnifying glass symbol next to it. This will bring up a search bar that will allow you to search the Guide for any specific word or phrase.

**How to search the Guide on a mobile Android device (e.g., Samsung Galaxy):** If you are viewing the Guide on a PDF viewer, follow the instructions for searching. Many PDF readers use an icon of a magnifying glass for their search function; click this to search within the document.
If you are viewing the Guide on a web browser app like Google Chrome, you can search it by clicking on the (...) icon. This will open a menu. Select the “Find” option from the list. Enter the term or keywords that you want to search for. These will become highlighted throughout the Guide.
List of Websites
(Click on website name to be directed to the listing in the Guide)

Accidental Impacts
AfterTalk
Alliance of Hope
American Association of Retired Persons (AARP)
American Foundation for Suicide Prevention
American Psychological Association (APA)
Anxiety and Depression Association of America (ADAA)
Asian Mental Health Collective
At A Loss
Barnardo’s
Beyond Words
Black Women Widows Empowered
Brooklyn Community Pride Center
Cake
Center for American Indian Health
The Center for Complicated Grief
The Center for Loss and Life Transition
Childhelp
The Compassionate Friends
The Conversation
The Conversation Project
COPE
COPING-19
COVID Grief Network
COVID Survivors for Change
Cruse Bereavement Care
The Dinner Party
Dougy Center
eCondolence
Empathy
Evermore
Everyday Health
Facebook
Farewelling
Free Black Therapy
Good Grief
The Good Grief Trust
GoodTherapy
Grief.com
Grief Healing
Grieving Dads
HealGrief
Healthline
Healthychildren.org
HelpGuide
Hospice and Community Care
How Right Now / Qué Hacer Ahora
International Society for Traumatic Stress Studies (ISTSS)
Kavod v’Nichum and the Gamliel Institute
Latinx Therapists and Speakers
Legacy
Mental Health America (MHA)
Mental Health Technology Transfer Center (MHTTC) Network
Modern Loss
Modern Widows Club
Muslim American Society – Social Services Foundation
My Grief Connection (MGC)
National Alliance for Grieving Children (NAGC)
National Alliance on Mental Illness (NAMI)
National Center for PTSD
National Child Traumatic Stress Network (NCTSN)
National COVID-19 Day
National Domestic Violence Hotline
National Institute of Mental Health (NIMH)
National Institute on Aging (NIA)
National Queer & Trans Therapists of Color Network
National Widowers Organization
Open to Hope Foundation
Option B
The Order of the Good Death
Pandemic Parenting
Please Live
Psych Central
Psychology Today
Remembering A Life
RUACH: Emotional and Spiritual Support
Seize the Awkward
Shiva
Sibling Support
Soaring Spirits International
South Asian Mental Health Initiative & Network (SAMHIN)
Speaking Grief
Spiritual First Aid
Substance Abuse and Mental Health Services (SAMHSA)
Sudden
Teenage Grief Sucks (TGS)

Tragedy Assistance Program for Survivors (TAPS)
The Trevor Project
Une Belle Vie
UCSF Department of Psychiatry and Behavioral Sciences
UH Intellectual Disability and Health
Verywell
Veterans Crisis Line
VITAS Healthcare
The W Connection
Waves of Grief
Wendt Center for Loss and Healing
What’s Your Grief?
Widowed and Young
Willow House
Winston’s Wish
211
Accidental Impacts

- When someone unintentionally causes the death or injury of someone else, it can result in profound feelings of guilt, distress, and interpersonal turmoil. In the past, unintentional deaths have occurred primarily as a result of motor vehicle crashes. In the last year, many individuals fear that they may have been responsible for transmitting COVID-19 to others – even friends or family members – potentially resulting in their illness or even death.

- **Website features include:**
  - Resources designed to help these individuals deal with the emotions associated with accidentally harming another human being, including articles, personal stories, books, podcasts, and blogs
  - **Monthly Zoom Fellowship Meetings** for those who have accidentally killed or injured someone. Meetings are designed to provide information, resources and peer support.
  - **Monthly Expressive Writing Workshops** that use a topic or prompt to help individuals cope with their painful emotions through writing, which has been shown to be instrumental in facilitating the healing process. Individuals are then given the opportunity to share their thoughts with the group.
  - **One-to-One Peer Support** for individuals who have unintentionally caused the death or injury to share their experiences and help one another cope with their painful emotions

- **COVID-19 Resources:**
  - “How to Help Someone Struggling with the Guilt of Transmitting COVID,” an article which describes how causing accidental harm to others can cause “moral injury” — the symptoms of which include suicidal thoughts, substance abuse, demoralization, social isolation, and depression — as well as the three elements that are critical to alleviating this pain and damage to the individual’s moral conscience
  - A **Guide for Coping with Psychological Trauma in the Immediate Aftermath**, which is intended for those who believe they are responsible for causing the death or injury of others either as a result of COVID-19 or other accidents

AfterTalk

- AfterTalk was created as a place for comfort and sharing for those who have experienced loss or are supporting a loved one in hospice care.
Website features include:

❖ **Private Conversations**, which is “a secure, private place where you can write to someone you cared about and miss.” Bereaved individuals can save what they have written along with photos and videos.

❖ **Hospice Memory Archiving**, which is “a new way of celebrating and paying tribute to your loved one online.” Family members can share memories of their loved ones, as well as photos, conversations, artwork, and even family recipes.

❖ The **“AfterTalk Blog,”** which contains articles such as “African-Americans and Grief” “Managing Grief for Students,” and “How Does Grief Affect the Mind and Body?”

❖ A weekly question and answer column hosted by Robert A. Neimeyer, Ph.D., Director of the Portland Institute for Loss and Transition and “one of the foremost authorities on bereavement and grief”

❖ An article entitled **“Will Medicare Cover Grief Counseling?”** which explains Medicare’s reimbursement policy for those who seek grief counseling

❖ Guidance about journaling in **“7 Ways to Use Writing to Cope with Grief”**

COVID-19 Resources:

❖ Posts by authors who are grieving a loss that occurred prior to or during the pandemic including **“Grief in the Time of COVID-19”** and **“Grieving the Loss of a Son During a Pandemic”**

❖ Blog posts about pandemic-related grieving, such as **“When Grief and Coronavirus Collide,”** which discusses what happens when fear is coupled with grief, and **“Wrapping Your Head Around Adolescent Grief: 7 tools,”** which give practical advice for helping teens struggling with grief

### Alliance of Hope

Alliance of Hope “provide[s] healing and compassionate support during the lonely and tumultuous aftermath of suicide. We help people survive suicide loss, and go beyond ‘just surviving,’ to lead meaningful and productive lives.”

Website features include:

❖ Information about **“The Survivor Experience”** following the loss of a loved one to suicide and features information on:

   ❦ **Emotions and Challenges**, which explains the “most common aspects of suicide grief, from others who have lost loved ones”
“The Grief Journey,” which describes “what people say is normal and what helps”
“Beyond Surviving,” which has “encouraging words from other suicide loss survivors”

Blog posts featuring articles such as “Guilt, Blame and The Complexity of Suicide” and “In the Aftermath of Suicide, Fear is Normal”

COVID-19 Resources:

The Alliance of Hope forum is an online discussion site where survivors can communicate with each other. At the top of the forum, survivors can introduce themselves. This is followed by discussion groups, such as:

- Groups organized by topic (e.g., Turning Back into Life; Signs, Serendipity, Life After Life, Guilt Blame and Forgiveness, and “What Helps?”, etc.)
- “Community Connections” (e.g., parents who lost a child, those who lost siblings, children who lost parents, those comforting grieving children, those who experienced suicide after arguing, etc.)
- “Coronavirus Comfort and Concerns,” which includes posts related to the authors’ feelings as it relates to COVID-19

American Association of Retired Persons (AARP)

- The American Association of Retired Persons (AARP) is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.
- Website features include:
  - Articles and videos on topics such as Health, Staying Sharp, Family Caregiving, Work & Jobs, Scams & Fraud, Retirement, Social Security, Travel, Money, Home & Family, Entertainment, and Politics & Society
  - Podcasts entitled The Perfect Scam, Take on Today and Closing the Savings Gap
  - A section on Grief, Loss and End of Life features articles about preparing for the end of life, after a loved one dies, and settling an estate as well as a Grief & Loss Forum (an online discussion site)
COVID-19 Resources:

- Articles for the bereaved, e.g., “How COVID-19 Complicates Grief,” “Grief for Two: How Spouses Can Mourn Coronavirus Losses Together,” “Obituary Scams,” and “Talking About Death is Hard, but Some Groups Embrace It”
- Coronavirus page includes articles such as “How to Find Coronavirus Help in Your State”
- Articles such as “Lost Your COVID-19 Vaccine Card? Here’s How to Get It Back” and “Beware of Robocalls, Texts and Emails Promising COVID-19 Cures or Stimulus Payments,” “14 Unexpected Fields That Offer Work-From-Home Jobs”
- A current list of COVID-restrictions for every state

American Foundation for Suicide Prevention

- “Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.”
- Website features include:
  - Support for yourself or those who are at risk for suicide
  - Discover ways to process the loss of a loved one
  - Articles such as “What We Can All Do About Maternal Suicide” and “How Do We Get the Men into Mental Health?”
  - Booklet entitled, “Children, Teens and Suicide Loss” which provides guidance on “helping young people heal and cope”
  - Links to crisis services such as the National Suicide Prevention Lifeline at 1 (800) 273-8255 or the Crisis Text Line by texting TALK to 741741
- COVID-19 Resources:
  - Mental Health and COVID-19, including advice and guidance, social sharing, and resources and programs in English and in Spanish
  - Articles such as “Taking Care of Your Mental Health During Uncertain Times” and “COVID-19: We must care for older adults’ mental health”
  - “Suicide Prevention in the COVID-19 Era: Transforming Threat Into Opportunity,” which identifies “isolation, loneliness, and bereavement” as some of the “threats to suicide risk presented by the current pandemic”
American Psychological Association (APA)

- The mission of the American Psychological Association “is to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.” This organization represents more than 121,000 scientists, educators, clinicians, consultants, and students in the mental health field.

- **Website features include:**
  - **Research** on mental health issues including access to articles, handouts, guides, and webinars
  - A **help center** with “information related to psychological issues affecting your daily physical and emotional well-being” and a list of crisis hotlines (including Suicide Prevention, National Domestic Violence, Veterans Crisis, and Child Abuse)
  - **Psychologist Locator** to find a psychologist based on location and/or specialty practice area
  - **Trauma, Grief and Resilience**, which is a “a collection of research studies with real-world applications, designed to help individuals find constructive ways of managing their emotions when dealing with a traumatic event”

- **COVID-19 Resources:**
  - **APA COVID-19 Information and Resources Page** features articles entitled “Grieving Life and Loss” which describes the many losses brought about by the pandemic in addition to the death of a loved one
  - **APA COVID-19 and Aging Resources Page** has articles on discrimination, managing stress, and social isolation affecting older adults in the U.S., such as “Culturally Diverse Communities and Palliative and End-of-Life Care”
  - “Life after COVID-19: Making space for growth,” which describes how “in this time of grief, the theory of post-traumatic growth suggests people can emerge from trauma even stronger”

Anxiety and Depression Association of America (ADAA)

- The Anxiety and Depression Association of America is “an international nonprofit membership organization dedicated to the prevention, treatment and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.”
Website features include:

- Information on generalized anxiety disorder, depression, panic disorder, PTSD, and suicidal thoughts/ideation
- Guidance on “Managing Stress and Anxiety,” with articles about anxiety caused by tests, work, and weather as well as information about anxiety and sleep disorders
- Find A Therapist to search for a licensed mental health provider who specializes in anxiety, depression, OCD, PTSD, and related disorders
- Online peer-to-peer support for people suffering from anxiety and depression in English and Spanish
- A list of support groups in the U.S., Canada, Australia, and South Africa
- Resources specific to the Black, LGBTQ+, LatinX/Hispanic, and Asian America/Pacific Islander communities
- Webinars such as “What is Psychological Trauma?” and “Getting Help for Complicated Grief”
- “Mental Health Resources for Suicide Survivors,” an article that describes mental health problems that may impact those who have been bereaved by suicide

COVID-19 Resources:

- Blog posts such as “Coping with Grief During the Pandemic” which discusses the healing process and challenges that it poses; and “Top Ten COVID-19 Anxiety Reduction Strategies”

Asian Mental Health Collective

- The mission of the Asian Mental Health Collective is “to normalize and de-stigmatize mental health within the Asian community.”

Website features include:

- “Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory” to locate a mental health professional in the United States and Canada
- “Advancing Asian Mental Health,” an “interview series that features individuals and organizations who are striving to make a difference among Asian communities around the world”
- “My Asian Mental Health,” a collection of personal stories that “shares the journeys and experiences of members of the Asian Diaspora”
“Ask a Therapist” videos, providing answers to questions such as “How can you stop overthinking and be less indecisive?” and “What are the most important factors in creating a healthy relationship?”

“From the Community” blogposts such as “Grief, Dissociation, and Ancestral Worship: Reflecting on my first lunar New Year without my Grandma”

“Mental Health Mukbang,” which is “a video/podcast where we try to break down big mental health ideas into easily digestible sound bites”

Facebook support group entitled “Subtle Asian Mental Health”

“TransformASIAN,” a video of the Asian Mental Health Collective 2021 virtual conference which “speaks to our belief in the importance of honoring culture-specific experiences and celebrating recovery”

**At A Loss**

- At a Loss “was founded in 2016 by Yvonne Richmond Tulloch to ensure that every bereaved person in the UK can find the support that they need.”

  **Website features include:**

  - [Bereavement resources that can be searched by type of loss](#), circumstance of the death, religious affiliation, or resource type (e.g., book, poetry, article, etc.), such as “Five Tips for Supporting a Grieving Young Person,” an article that gives practical advice to help young adults cope with a death; “Nothing Prepares You For Parenting After Your Partner Dies,” which discusses “being a bereaved parent [while] supporting a bereaved child;” and “Pets - What to Do if You or a Loved One Dies and Can No Longer Look After a Pet”

  **COVID-19 Resources:**

  - Articles such as “[What to Do If You Are Bereaved During the Coronavirus Pandemic](#),” which discusses traumatic loss and its triggers, ambiguous losses, disenfranchised grief, and how to support your health while grieving and “[How to Help Someone Bereaved During the Coronavirus Pandemic](#),” which offers suggestions on how to connect, listen and support the bereaved

  - Video entitled “[Saying Goodbye When Someone Special Dies](#),” narrated by a child
Barnardo’s

- Barnardo’s aims to “protect, support and nurture the UK’s most vulnerable children.”

- **Website features include:**
  - Blog about issues affecting “children and young people today,” such as “Express Yourself,” which suggests activities to do with young people to encourage them to share their feelings, and “White Privilege - A Guide for Parents,” which defines what it is and concrete steps to address systemic racism in our lives

- **COVID-19 Resources:**
  - Booklet on “How to Explain Death to Children and Young People and Help Them Cope!” gives advice on discussing death with children and highlights children’s understanding of death based on age from birth to 18 years old
  - “Coping with Loss,” an article that offers suggestions on how to manage grief, such as getting exercise and staying connected with friends
  - “Grieving During COVID-19,” a handout which provides advice for supporting youth through their bereavement and features a script for how to inform a child of a death due to the pandemic
  - A “Special Educational Needs & Disability” resource page including links for videos such as "Explaining Coronavirus for People with Learning Disabilities" and how to “explore worries about coronavirus” with children. This site features videos for parents in British Sign Language as well as children’s books in English, Arabic, Chinese, French, Spanish, and Turkish.

Beyond Words

- Beyond Words is a charity that provides books and training to support people who find pictures easier to understand than words. Whether supporting somebody with a learning disability or a communication difficulty, their resources serve to empower people through pictures. This can include loved ones with autism, learning disabilities, and victims of physical or psychological trauma.

- **Website features include:**
  - Picture books designed specifically for individuals who are unable to read that allow them to follow stories solely through visual images. Examples of stories include “I Can Get Through It,” “Going to the Doctor,” “Sonia’s Feeling Sad,” “When Somebody Dies,” and “Finding a Safe Place from Abuse.”
• **COVID-19 Resources:**
  ❖ Booklets for people with learning disabilities and their caregivers such as “When Someone Dies from Coronavirus: A Guide for Families and Caregivers”
  ❖ “Let’s Talk About...When Someone is Ill or Dies from Coronavirus” which has “images and suggestions for questions to prompt discussion about the impact of losing someone to the coronavirus”

Black Women Widows Empowered

• This site aims to create an online presence to “aid widows back to spiritual, emotional, and physical wholeness through means of mentoring, social and physical interactions, podcasting, arts and entertainment, book & magazine publishing, sisterhood calls, blogs, and wellness events.”

• **Website features include:**
  ❖ **Blog posts** such as “Moving from Grief & Loss, and from Trauma to Triumph: Plastic Smiles and Looking Pretty,” “10 Tips for Coping with Grief When You Lose the Love of Your Life,” and “A Day in the Life of a Widowed Parent”
  ❖ **Letters from widows** who share “[their] heart, [their] deep emotions, [their] wounds, and even [their] joy”
  ❖ **Links to podcasts for widows** on such topics as grief, mental health, and self-care
  ❖ **A list of resources for the widowed woman**, such as hotlines, books, and a magazine for women of color
  ❖ A **Facebook support group** called “Black Women Widows Empowered – Life Support Group: A Safe Place for Widows”
  ❖ E-book entitled **“Loss of a Spouse: 40 Real-life tips for the newly widowed”**

• **COVID-19 Resources:**
  ❖ “A Conversation about COVID-19, Grief and the Black Widowed Women,” a podcast which highlights personal stories from Black widows
Brooklyn Community Pride Center

- “The Brooklyn Community Pride Center provides services and support to the borough’s LGBTQ+ community through original programming and partnerships with other organizations.”

- Website features include:
  - Programs on health and wellness, homelessness and housing, immigration, racial justice, social isolation, and career development

- COVID-19 Resources:
  - Grief & Loss Support Group for members of the LGBTQ+ community who lost someone to the pandemic; meetings are held via Zoom
  - Calming Anxiety during COVID-19, a “safe space to share feeling about the hurt that COVID-19 is causing in others”; meetings are held via Zoom

Cake

- Cake aims to “help people create a plan for a meaningful ending so they can live their best life.”

- Website features include:
  - End-of-life planning resources, such as and handling financial and personal matters after the death of a loved one and writing obituaries. Examples are below:
    - Article entitled “How to Write a Bereavement Thank You Note or Email + Examples”
    - Tips for managing mortgages and belongings
    - Advice on how to cancel social media accounts, gym memberships such as Planet Fitness, credit cards, television services such as Netflix, DirecTV or Hulu, or phone services such as AT&T and Verizon
    - Article outlining “18 Comforting Messages to Share on Facebook After a Death” which suggests ways to announce a death and how to comment on a post

- COVID-19 Resources:
  - Information about the COVID-19 Funeral Assistance Act in “COVID Funeral Reimbursement: What is it and how does it work?”
Articles related to COVID-19 and grief, such as “How to Cope With COVID Deaths During the Pandemic: 11 Tips,” “9 Great Grief Forums to Discuss Coping, Healing & Loss,” “10 Ways to Find Free or Low-Cost Grief Counseling Near You,” and “11 Popular Death and Funeral Memes Explained”


Legal guidance, such as “What Are Your Options for Creating a Legal Will During COVID-19?” and “How to Sign Legal Documents Online”

Center for American Indian Health

- The Center for American Indian Health “work[s] in partnership with tribal communities to design public health programs that raise the health status, self-sufficiency, and health leadership of Native people to the highest possible level.”

- Website features include:
  - Information on behavioral health, infectious diseases and mental health issues affecting Native American communities

- COVID-19 Resources:
  - Article entitled “Children and Grief During COVID-19: Supporting a grieving child or teen” which describes the signs of grief and provides strategies to support youth
  - Handouts and videos about COVID-19 developed for tribal use, such as “Staying Safe and Mentally Well During COVID-19”

The Center for Complicated Grief

- “The Center for Complicated Grief is dedicated to improving the lives of people suffering from prolonged grief.” They state, “It is important that prolonged grief sufferers, their family members and friends understand this problem and learn that help is available.”
Website features include:

❖ A detailed explanation of Complicated Grief (CG) including the circumstances under which it develops and how therapy can help

❖ Find A Therapist portal to locate a therapist who has completed coursework with the Center for Complicated Grief

❖ Information on the science and research about CG including links to articles, self-assessment tool, and handouts

❖ “GriefSteps for Parents” app designed to help parents to support grieving children

COVID-19 Resources:

❖ A handout entitled “Managing Bereavement around the Coronavirus” which discusses the “process of adapting to the loss” and when to seek help

❖ Videos, podcasts, and handouts related to COVID-19 including those offered by Dr. M. Katherine Shear, founder and director of the Center for Complicated Grief. Examples include:
  ❖ The Brian Lehrer Show podcast “Complicating Grief” in which Dr. Shear discusses “grieving at a time when normal rituals around death and dying are unavailable to many. In addition, listeners share their moving stories of loss”
  ❖ Wisconsin Public Radio’s “Grieving Those Lost from The Pandemic,” in which listeners “hear about some of the people who have been lost from the pandemic — and talk with a grief expert about how saying goodbye is even more complicated than usual”
  ❖ Video on “How the Discomfort of Grief Can Help Us: Recognizing and adapting to loss during COVID-19” which describes “what grief is like, how to better understand what you are feeling, and ways to cope with the losses related to the pandemic”
  ❖ “Healing Milestones,” an article which describes how mourners can cope with a loss, discusses things that may derail the grieving process, and offers suggestions on how to seek help

The Center for Loss and Life Transition

❖ The Center for Loss and Life Transition is “dedicated to helping people who are grieving and those who care for them.”
• **Website features include:**
  - Information for the public such as descriptions of the fundamentals of grief and mourning and links to articles and books by Alan D. Wolfelt, Ph.D., director of the Center for Loss and Life Transition
  - [Grief and Mourning Basics](#), which answers questions such as “What is Grief?” and “What is Mourning?” as well as providing support for people who are grieving with articles such as “Coping with the Pain,” “Your Grief is Unique,” “Moving toward Healing,” and “Growth through Grief”

• **COVID-19 Resources:**
  - Webinars such as “[Coronavirus and the Six Needs of Mourning](#)”
  - [The COVID-19 Mourner’s Bill of Rights](#) which describes the right to “experience your own grief,” “talk about the death,” “feel a multitude of emotions,” “to be tolerant of your physical and emotional limits” and “experience ‘griefbursts’”
  - Articles written by Dr. Wolfelt such as “[Waking up to Gratitude](#)” and “[Finding Your Way Through](#)” discussing how to navigate the feelings of loss and loneliness from COVID-19
  - A [calendar listing all upcoming events](#) including keynote speeches, trainings, and workshops

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**Childhelp**

• “At Childhelp, our goal is to meet the physical, emotional, educational, and spiritual needs of abused, neglected and at-risk children. We focus our efforts on prevention, intervention, treatment, and community outreach.”

• **Website features include:**
  - [Childhelp National Child Abuse Hotline](#) is a 24-hour hotline with resources to aid in every child abuse situation. Call 1 (800) 4-A-CHILD (1-800-422-4453).” The hotline can be reached by text at 1 (800) 422-4453 or by clicking on their “live chat” link.
  - An in-depth explanation of “[What is abuse?](#)” that outlines physical, emotional, and sexual abuse as well as neglect
  - Information about their [prevention](#), [intervention](#), and [treatment](#) programs
  - A [list of upcoming events](#) sponsored by the organization for helping children
The Compassionate Friends

- “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.”

- Website features include:
  - Information for the newly bereaved, including an article that reviews the psychological, emotional, and physical effects of loss as well as the impact on family and social connections
  - Links to online chat groups, private Facebook groups, and a chapter meeting locator to find a support group in the United States
  - Brochures such as “Grief of the Newly Bereaved” and “Living with Grief” that include accounts from bereaved parents and siblings
  - Articles that describe strategies for dealing with child loss such as “Preparing Your Child’s Funeral” “Coping with Judgmental Attitudes,” “Coping with Special Occasions,” and “Your Child’s Digital Legacy”
  - Links to international chapters including Australia, Belgium, Canada, France, Germany, South Africa, Switzerland, and the United Kingdom

- COVID-19 Resources:
  - Blog posts such as “Heart Connections – Grief and Loss in a Pandemic” for those who are grieving a loss that occurred prior to the pandemic
  - Article focusing on parental grief amidst the pandemic entitled “Grieving the Death of Our Child During the Coronavirus Pandemic” which highlights the “turmoil caused by sudden death” and “adjusting to the painful reality of death”

The Conversation

- “The Conversation is a nonprofit, independent news organization dedicated to unlocking the knowledge of experts for the public good. We publish trustworthy and informative articles written by academic experts for the general public and edited by our team of journalists.”

- Website features include:
  - Articles on arts and culture, the economy, education, environment, health, politics, and science
COVID-19 Resources:

- Article on “Different Faiths, Same Pain: How to grieve a death in the coronavirus pandemic” which features commentary by “three faith leaders and religion scholars on mourning during the pandemic”
- “What We’ve Learned about Bereavement During the Pandemic,” which states that “the coronavirus pandemic has been extremely distressing for those who are bereaved and grieving, regardless of whether COVID-19 was the actual cause of death of their loved one”
- “What the Greek Classics Tell Us about Grief and the Importance of Mourning the Dead,” an article that discusses how the “rites we give to the dead help us understand what it takes to go on living”
- “COVID-19 Survivor’s Guilt: A Growing Issue as Reality of Loss Settles In,” an article that describes the symptoms of survivor’s guilt and offers suggestions on how to manage these feelings

The Conversation Project

- “The Conversation Project is a public engagement initiative with a goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected.”

Website features include:

- Conversation Guides to help people have “the conversation” about their wishes for end-of-life care with the important people in their life
- Personal stories, such as “Embracing Fear and Grief: A death midwife navigates end-of-life planning with her mom” and “A Conversation with Tembi Locke: Love, loss and fava beans”

COVID-19 Resources:

- “Ritual and Grief in the Time of COVID-19” blog post: Part 1 offers suggestions on how to help the bereaved despite the constraints brought about by the pandemic and Part 2 provides guidance on how the bereaved can ask for support
- “How COVID-19 Forced Me to Reflect on and Prepare for Mortality,” an article which describes how the pandemic pushed one woman to prepare an advance directive
- A guide on “Being Prepared in the Time of COVID-19: Three things you can do now” in English and Spanish, which gives advice on selecting a healthcare decision maker, discussing choices with loved ones and healthcare providers, and thinking about healthcare preferences in the event of serious illness due to COVID-19
COPE

• COPE is “a nonprofit grief and healing organization dedicated to helping parents and families living with the loss of a child.”

• Website features include:
  ❖ Grief Resources, which features links to loss organizations and grief websites
  ❖ Children & Grief page includes posts such as “Typical Responses of Siblings,” “Guidelines for Parents,” and “Ten Ways to Help Grieving Children”
  ❖ “Grieving the Loss of a Child” page has posts such as “What to Do When a Child Dies” and “Appropriate Expectations You Can Have for Yourself in Grief”
  ❖ Articles for “Friends of the Bereaved,” including “Comforting a Grieving Parent – 12 Do’s and Don’ts,” “What We Wish Others Understood About the Loss of Our Child,” and “Helping a Friend in Grief”
  ❖ Camp Erin is the largest national bereavement program for children from 6 to 17 years of age who are grieving the death of a significant person in their lives. This camp is offered in many locations across the U.S. and Canada. Visit COPE’s link to Camp Erin New York City or locate a program near you.

COPING-19

• “Coping-19 addresses mental health, stressors, and personal experiences [brought about] by COVID-19.” Their goal is to help “move beyond those moments of ‘just dealing’ while developing a healthy, lifelong routine for your overall well-being.” The website is in English and Spanish.

• COVID-19 Resources:
  ❖ Grief section includes articles on topics such as “Fostering Forgiveness,” “How to Deal with Grief,” and “Mourning the Death of a Spouse”
  ❖ Resources for specific communities, including Asian American Pacific Islander, African American/Black, LatinX, People with Disabilities, and People of Color
  ❖ Articles about topics such as anxiety, depression, financial uncertainty, prejudice, and sleeplessness
COVID Grief Network

• The COVID Grief Network is a “100% volunteer-run mutual aid network, connecting young adults who are grieving the illness or death of someone to COVID-19 to grief support.”

• COVID-19 Resources:
  ❖ They provide support for people in their 20s or 30s who are experiencing grief resulting from the death of a loved one to COVID-19; groups run for eight weeks and are facilitated by a volunteer grief worker. To enroll, fill out the “Young Adult Request for Support Form.”
  ❖ COVID Grief Network Resources Guide provides links to grief-related websites, articles, book recommendations and audio resources
  ❖ Link to fill out and submit an application to volunteer for the COVID Grief Network

COVID Survivors for Change

• “COVID Survivors for Change is a non-partisan nationwide community of people who have been directly impacted by COVID. We share our stories, support each other, and advocate for a stronger pandemic response to save the lives of others.”

• COVID-19 Resources:
  ❖ Survivor Stories, personal messages from those who have “had their life turned on its head because of the pandemic”
  ❖ COVIDConnections, a free weekly webinar exclusively for individuals who have lost loved ones in the pandemic and those who continue to suffer from COVID
  ❖ Facebook support group for those who have had COVID-19, supported a loved one through their fight with the virus, or lost a loved one to COVID-19
  ❖ “COVID-19 as a Traumatic Event,” an article which describes the signs and symptoms of trauma, illustrates how COVID-19 has “uniquely impacted the entire world,” and offers suggestions for activities to help heal from trauma and grief
  ❖ A place to write and share your story of your loved one with others
Cruse Bereavement Care

- Cruse Bereavement Care “is the leading national charity for bereaved people in England, Wales and Northern Ireland.”

- Website features include:
  - “Coping with Grief” page which has information about specific losses, such as the death of a parent or partner, traumatic bereavement, and recommendations on how to cope with loss and to support those who have lost a loved one
  - Hope Again is “the youth website of Cruse Bereavement Care” and features the personal stories of bereaved youth

- COVID-19 Resources:
  - Coronavirus, Bereavement and Grief page offers articles, videos, easy to read factsheets and useful links for those who are bereaved. Examples are listed below:
    - “Coronavirus: Grief and Trauma” which describes how trauma can develop following a death of a loved one and how to get support for yourself or someone else
    - “Coronavirus: Feeling Your Bereavement is Not a Priority” which reminds readers that their “own feelings are valid even if others are facing their own tragic circumstances”
    - Articles that discuss the emotions surrounding COVID-19, including “Feeling Guilty” and “Anger and Blame”
    - “Compassionate Communities for Extraordinary Circumstances: Using diaries to capture bereavement support during the COVID-19 pandemic” a project which reviewed the diaries of volunteers offering bereavement support and “describes ways in which the COVID-19 restrictions have affected grief and bereavement support regardless of whether or not COVID-19 was the actual cause of death, and to learn about practices that could be helpful after the pandemic.

The Dinner Party

- The mission of The Dinner Party is “to transform some of our hardest conversations and most isolating experiences into sources of community support, candid conversation, and forward movement using the age old practices of gathering and breaking bread.” It is “a platform for grieving 20- and 30-somethings to find peer community and build lasting relationships.”
Website features include:

❖ Personal stories of managing grief during special occasions such as Mother’s Day and Father’s Day

❖ Stories and Resources such as “Being There: What (and what not) to say and do in the aftermath of loss,” “Love After Loss,” and “Ways to Facilitate Grief and Build Resilience in the Workplace”

COVID-19 Resources:

❖ “Making It Through Together: Ritual collection for life-after-loss,” a compendium of “spiritual and cultural rituals and practices that people throughout time have used to navigate loss and life after loss”

❖ “Lessons from Dinner Partying in the Age of COVID,” an article which states that “it’s easier to find ‘your people’ when geography isn’t a factor” and provides information about signing up to get a grief peer through their Buddy System

Dougy Center

❖ “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 in grief.”

Website features include:

❖ An extensive list of grief resources including tip sheets such as “Tips for Supporting Children When Someone Dies,” “Movement Activities for Grieving Children,” “Dismantling Three Grief Myths,” and “What to Say and What Not to Say When Someone is Grieving,” as well as videos, blogs, interviews, book recommendations

❖ Grief-informed resources specifically for “After a Suicide Death” and “After a Murder or Violent Death”

❖ Becoming Grief-Informed: A Call to Action, which “challenges the ‘dominant’ discourse of what it means ‘to grieve’ and how to ‘grieve correctly,’ extending a call to action for the resurgence of understanding grief in its normal and natural state”

COVID-19 Resources:

❖ Tip sheets on how to help children and young adults, including “When Your World is Already Upside-Down: Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis” and “When Their World is Already Upside-Down: Supporting Grieving Children and Teens in Foster Care During the COVID-19 Global Health Crisis”
A podcast entitled “Grief Out Loud,” which is described as “a mix of personal stories, tips for supporting children, teens, and yourself, and interviews with bereavement professionals”; for example, “More Than Just A Number - Grieving When Someone Dies Of COVID-19,” “Widowed by COVID-19,” and “‘I Can't Even Imagine’ - Grieving Both Parents”

**eCondolence**

- “The information and tools available on eCondolence seek to clarify the questions and offer reliable answers for those who are grieving or who want to help someone who is.”
- **Website features include:**
  - Articles on how to express condolences, such as “Five Guidelines for Using Text, Instant Message and Email to Express Sympathy”
  - Guidance for planning and coordinating a service, such as “What ‘To-Do’ When Someone Dies,” “How to Write an Obituary,” and “How to Write a Eulogy”
  - Information about “Understanding Grief,” “Grieving Death by a Sudden Loss,” and “Understanding Survivor’s Guilt”
  - Loss and bereavement articles such as “Understanding Bereavement” and “After Loss: The days that follow”
  - Basic information about different religions and cultures, including Buddhism, Catholicism, Hinduism, Islam, Judaism, Protestant Christianity, Mormonism, and Shinto. Each page provides an overview of the religion, examples of condolences to send to those mourning, and information about the burial and funeral customs and periods of mourning.
- **COVID-19 Resources:**
  - “The ‘New Grief’: How families grieve and navigate emotions after a Loss,” an article which highlights the collective losses people experience while mourning a death from COVID-19
  - “Choosing a Grief Center,” an article which provides insight into the factors to take into consideration when selecting a grief center, as well as a tool to Find a Grief Center near you.

**Empathy**

- Empathy’s mission is “to change the way the world deals with loss.”
Website features include:

❖ The Library has “over 150 original articles ... [with] up-to-date expert information and advice” on topics including how to apply for benefits, manage bills and debt, prevent identity theft, make immediate arrangements, inform others, manage accounts, deal with personal belongings, manage property and assets, search for documents, handle taxes, make funeral arrangements, manage the deceased’s housing, handle the will, and probate the estate

❖ Articles about grief and grieving, such as “Is There A Right Way to Grieve?,” “When You’re Angry at Someone Who’s Gone,” “Back to Work, with Grief in Tow,” “Grief Triggers,” and “Dealing with Grief on Important Dates”

COVID-19 Resources:

❖ Empathy’s COVID-19 Resource Center has articles such as “COVID-19 Funeral Assistance,” “Your Grief and Everyone Else’s,” and “Isolation on Top of Isolation: David Kessler on Grief During the Coronavirus”

Evermore

“Evermore is making the world a more livable place for bereaved families. Evermore is an emerging movement of concerned citizens who believe that bereavement care in America is broken. We are committed to an America where all families and professionals have access to care, programs, tools, policies and resources to respond and adjust to loss.”

Website features include:

❖ Information about Evermore’s advocacy efforts: the Grief and Bereavement Policy Center, How to Become an Advocate, and Get the Facts about the effects of bereavement on family members

❖ Your Loss page features “What to Expect and Do” after a death as well as suggestions on how to support bereaved children, parents, siblings and spouses

❖ Community page that offers guidance for death investigators, employers, entertainers and artists, faith leaders, first responders, healthcare providers, reporters, and school teachers and staff in helping the bereaved

❖ Compilation of resources for those who are mourning:
  ❦ Directory of grief support services throughout the United States
Our Stories, which features videos of other bereaved families

“Ten Ways to Support” which offers reminders that “the bereaved do not expect you to bring them miracles. Bereaved individuals and families need friendship, companionship and a good listener.”

Everyday Health

- The mission of Everyday Health is “to inspire and enable wellness each and every day.”

- Website features include:
  - Support geared towards health and wellness, including articles, newsletters, and a symptom checker for physical and mental health concerns which helps identify possible conditions and treatment options based on symptoms

- COVID-19 Resources:
  - “How to Mourn the Death of a Loved One During the COVID-19 Pandemic,” which gives suggestions on how to process grief
  - “How Two Caregivers Are Coping with Losing a Loved One During the COVID-19 Pandemic,” which details the experience of the loss suffered by caregivers and their advice to others
  - “The Lasting Impact of COVID-19: How will it affect our mental health?,” an article which describes the challenges brought about by the pandemic and provides advice on how to mitigate the effects of chronic stress
  - Video series entitled “Boxed-In: COVID-19 and your mental health” including one on “Managing Grief in the Time of COVID-19,” in which the “Everyday Health Editor in Chief Maureen Connolly talks to experts and people coping with the mental and emotional realities of these challenging times”

Facebook

- Facebook is a social networking site that makes it easy to connect and share with family and friends online. You need to create an account in order to access all of Facebook’s features. You can sign up for free here. Without an account, you can preview basic information on public groups and personal profiles.
• **Website features include:**

  ❖ After creating an account and logging in, use the search feature at the top left of the page (the magnifying glass icon) to identify groups, events, or people that interest you. You can filter the responses by clicking on “groups” or “events” in the menu on the left.

  ❖ There are public groups (which anyone can join) or private groups (which require you to apply and be approved to join). There are also events which are hosted in person and online on Facebook. Examples of support groups are listed throughout this Guide as well as those below:

    ◆ General grief support, e.g., “Grief Speaks Out,” “GriefShare,” “Grief Beyond Belief,” or “I Wasn’t Ready to Say Goodbye”

    ◆ Loss of a parent support groups, e.g., “Parent Loss Grief Support Group,” “The Loss of Fathers and Father Figures,” or “Mother Loss – Grieving Daughters”

    ◆ Loss of a spouse support groups, e.g., “Death of a Spouse Grief Support,” “Widows and Widowers Support Group,” or “Surviving the Loss of A Spouse, Soulmate”

    ◆ Loss of a child support groups, e.g., “Grieving Parents Support Network,” “Loss of a Child,” or “Pregnancy Loss, Stillbirth and Miscarriage Support Group”

    ◆ Loss of a sibling support groups, e.g., “Sibling Grief Support Group,” “Loss of a Sibling,” or “Twin Bereavement: Losing Your Identical Twin & Mourning with Raw Pain”

    ◆ Support groups by population, e.g., “LGBT Grief Loss Support,” “Strong Black Women Grieve,” “Grief Support for Young Adults,” or “Grief Support - For people in their 20s & 30s Who Have Lost a Parent”

    ◆ Support groups organized by the circumstances of the death, e.g., “Suicide Survivors Loss and Support” or “HOPE ASAP - Grief Support After Substance Addiction Loss”

  ❖ After a loved one has died, [Facebook can memorialize their account](#). It remains online as “a place for friends and family to gather and share memories after a person has passed away.” (In addition, the Facebook user may choose to designate a [legacy contact](#), a person to “look after your account if it’s memorialized.”)

• **COVID-19 Resources:**

  ❖ After you are logged in to your account, access the [Emotional Health Resource Center](#) to find “resources from experts to take care of your emotional health or find help for a friend,” including topics such as “Grief and Loss,” and “COVID-19,” as well as “Stress and Anxiety,” “Healthy Habits,” “Depression,” and “Emotional Crisis”
❖ To find support groups on COVID-19 and grief, use search terms such as "COVID grief" or "COVID widow" and then filter by selecting "groups" or "events." There are pages specifically for losses due to COVID, including "COVID-19 Loss Support for Family & Friends," "COVID-19 Widows Grief Support," "In Memoriam for COVID-19 Grief and Loss," “Encouragement for Those who Have Lost a Loved to COVID-19” and “Shine a Light to Fight Coronavirus!”


❖ For additional information and support, visit the Facebook Help Center

Farewelling

- Farewelling aims to help individuals who are planning funeral or memorial services for their deceased loved ones. They also provide resources for people who are interested in planning their own services in advance.

- **Website features include:**
  - Planning checklists including “If a Loved One Has Just Passed Away” or “If You are Preparing for a Farewelling”
  - **Grief and Loss** page features articles such as “6 Things You Might Not Think to Ask When Planning a Funeral,” “9 Grief Podcasts to Help with Your Healing Journey,” “11 Great Tips for How to Support Someone Who Is Grieving,” “23 Common Questions Around Grief,” and “Advice and Answers About Pregnancy and Infant Loss”
  - Information about “Alternative to Traditional Burial” and “Eco-friendly Funerals: It’s (Relatively) Easy Dying Green”

- **COVID-19 Resources:**
  - “Losing a Loved One During COVID-19,” an article that reminds readers “whatever you’re feeling, it’s valid”
Free Black Therapy

- Free Black Therapy is a “nonprofit organization dedicated to providing remote mental health services with Black Mental Health professionals for Black and African American individuals” at no cost.

- **Website features include:**
  - Information for African-Americans who lack health insurance or are otherwise unable to afford to see a therapist. Sign up if you are interested in receiving therapy or if you are a mental health professional interested in working with this organization.

Good Grief

- “Good Grief provides direct support to grieving children and youth, educates communities, and advocates on behalf of the bereaved.”

- **Website features include:**
  - Handouts in English and Spanish and videos for parents and professionals to help children become more resilient. These include tips for reducing isolation, practicing self-kindness and mindfulness, and deep breathing exercises.
  - TEDx Talk by Joe Primo, CEO of Good Grief, entitled “Grief is Good,” who “speaks about grief as a process to embrace and how it creates a climate of hope and resilience”
  - Blog posts such as “How the Grief Experience Affects Us,” which highlights the benefits of peer support and “How Grief Affects You (Better Understand Grief),” which describes how grief affects people “emotionally, physically, spiritually, intellectually, and socially”

- **COVID-19 Resources:**
  - “Funerals in the Time of a Pandemic: A toolkit for children and families,” in addition to discussing funerals, this booklet provides an overview of childhood bereavement and offers tips for teaching kids about death and communicating with grieving children
• “What Do We Tell the Children: Talking about death during a pandemic,” a video which “addresses the key elements for parents in having conversations with your children about COVID-19 and death”

• “Supporting The Bereaved During COVID-19,” a guide with suggestions on how to help those who are mourning

The Good Grief Trust

• “All of us at The Good Grief Trust have lost someone we love, so we want to help you find the support you need as quickly as possible. You will find stories from others who have had a similar loss” as well as “practical and emotional support.”

• Website features include:
  ❖ Articles, videos, and book suggestions for the public and professionals based on the relationship of who was lost (e.g., child, parent, sibling, partner, or friend) and the type of support that is needed (e.g., newly bereaved, young people, over 50s, those moving forward, etc.)
  ❖ LGBTQ+- friendly material including a booklet entitled “Making Informed Choices When Planning a Funeral: A guide for queer people”

• COVID-19 Resources:
  ❖ A collection of links to find support for those bereaved from a loss due to the pandemic, as well as general advice on mental health with suggestions about nutrition, yoga, and mindfulness.

GoodTherapy

• GoodTherapy states that their “core purpose is to make it easier for people to access mental health services and the dedicated professionals who provide them, anywhere in the world.”

• Website features include:
  ❖ Explore Therapy, with information about therapy, such as “Therapy Modes,” “The Elements of Good Therapy,” and “Common Therapy Issues”
  ❖ Links to “Find a Therapist” and “Find the Right Telehealth Therapist”
“Learn About Free Counseling and Affordable Therapy Options,” an article that states that “financial challenges shouldn’t be a barrier to a healthier life”

Dear GoodTherapy, a question and answer blog about “psychotherapy, mental health concerns, and relationship issues”

• COVID-19 Resources:

  “Your A-Z COVID-19 Reading Guide,” a collection of “mental health and wellness resources for anyone seeking therapy and mental health guidance” on topics such as intimacy issues, balancing work and home life, and financial stress


Grief.com

  “Helping others heal from grief is our mission. We serve family, friends and professionals with videos, books, workshops and speaking engagements.”

  • Website features include:

    ♦ “Misconceptions about the Five Stages of Grief,” e.g., that “they must happen in linear order” and that “everyone goes through all five of them”

    ♦ Video and article entitled “The 10 Best and 10 Worst Things to Say to Someone in Grief”

    ♦ Videos on grief such as “Discover the Healing Power of Writing Through Loss and Trauma,” “What Are Some Common Triggers of Grief?,” “Why Is Grieving So Painful?” and “Healing the Five Areas of Grief”

  • COVID-19 Resources:

    ♦ Access to an online grief support group on Facebook for adults hosted by Mr. Kessler entitled “Grief: Releasing pain, remembering love and finding meaning”

    ♦ David Kessler’s video entitled “Uncertainty in 2021,” which discusses how we are grieving the lack of certainty and how to manage the unexpected changes brought about by the pandemic

    ♦ A video by David Kessler explaining why we cannot even process the loss we are experiencing as a result of the pandemic entitled “We are Grieving the World We Have Now Lost”
Grief Healing

- The purpose of Grief Healing is to provide “useful information on care giving, grief and transition – for anyone coping with a loss.”

- **Website features include:**
  - “Children, Teens and Grief” which features blog posts such as “Teen Grief Following a Fatal Accident,” “Teen Grief: Grandparent’s Death Triggers Unresolved Grief,” “Helping Children Cope with a Parent's Serious Illness,” “Teen Grief: Mourning the Death of a Parent,” “Teen Grief: ‘People Criticize The Way I Grieve’,,” and “Teen Struggles With Reaction to Dad’s Death”
  - “Voices of Experience,” which are blog posts from guests “reflecting the authors' personal experiences of loss,” such as “Everyone Grieves Differently by Maria Kubitz,” “Healing Rituals Help A Grieving Family by Elaine Mansfield,” “Lessons We Can Learn from Loss by Stephanie Harris,” “My Self-Care Basket by Anne Gorman,” and “What I've Learned from Grief” from a compilation of authors
  - “Pet Loss,” which are blog posts “about the grief that accompanies the loss of a cherished animal companion,” such as “Death of a Pet: Breaking the Sad News” and “Offering Support: What to Say (or Not) to a Grieving Animal Lover.”

- **COVID-19 Resources:**
  - “Grief Healing Discussion Groups” use a “message board format” and is “specifically designed to address the individual needs of those who are anticipating or coping with significant loss.” Some entries reflect the author’s feelings about the loss of one due to COVID-19 and/or how COVID-19 has affected their grieving process. Discussions are categorized by:
    - Specific bereavement (e.g., anticipatory grief and mourning; behaviors in bereavement; loss of an infant, child or grandchild; loss of a spouse, partner or significant other; loss of a parent or grandparents; loss of a sibling or twin; loss of a friend; loss of a love relationship; loss in young adulthood; and loss of a pet)
    - Grief and loss (e.g., living with loss, new beginnings; and tools for healing)
    - Tributes and remembrances (e.g., honoring a loved one and special days)
**Grieving Dads**

- The story of Kelly Farley, an author, speaker, coach and grieving dad who has dedicated himself to “other dads [who] have lost a child and help them find their way back from the brink.”

- **Website features include:**
  - Blog featuring posts by Kelly Farley and colleagues, such as “Friendships and Forever” which describes “how our friends respond to us after our losses;” “Never Show Weakness” which highlights how “it is sometimes difficult for men to ‘release’ the emotions that build up;” and “Lurking” which describes Mr. Farley’s continued struggle with days of “emotional heaviness” since the death of his two children
  - Tell Your Story, which is a page “to allow grieving dads and moms to tell their story in anonymity”

**HealGrief**

- “HealGrief is a social support network creating community after a loved one has died. Everything we do is inspired by our core belief that no one should ever grieve alone.”

- **Website features include:**
  - “Explore Grief” has articles such as “Understanding Grief and Loss: An Overview,” “Helping Children Cope and Deal with Grief,” and “Just for Seniors”
  - Resources for “Grieving the Death by Suicide”
  - Articles about death of a loved one, including loss of a child, spouse, parent, sibling, and friend as well as the death of a pet
  - Supporting the bereaved in “How to Help Someone Grieving” and “How to Support a Friend in Times of Grieving”
  - Links to HealGrief Projects, including those listed below:
    - Actively Moving Forward which supports, connects and empowers young adults (aged 18-30), including virtual support through the AMF App for those 18 to 30 years old and for Adults over 30
    - Celebrate a Life which offers “a variety of ways to celebrate the life of a family member or friend”
Light a virtual candle in the Candle Gallery, “an opportunity to remember and honor your person’s birthday, death day and special anniversary days”

Artful Healing, where people post “photos about their experience with loss in our worldwide gallery”

Let’s Talk Death, “a hybrid between a podcast and a webinar” with “conversations to inform and inspire” about “topics such as end of life issues, pre-planning, and grief”

Links to local and national bereavement support resources

Information about customs and rituals for Buddhists, Catholics, Hindus, Jews, Mormons, Muslims, Protestants, and Scientologists

COVID-19 Resources:

Blog posts such as “Grief in the Digital World,” which discusses using technology during bereavement care; “How to Feel Gratitude Again, After a Death Loss,” which highlights the power of gratitude as a healing tool; and “Hope: A light in the darkness,” which “explore[s] what hope is, what it isn’t, and how it factors into grieving your person’s death loss.”

Healthline

“Healthline is dedicated to making health and wellness information accessible, understandable, and actionable so that readers can make the best possible decisions about their health. Our content is created, fact-checked, and reviewed by qualified writers, editors, clinicians, and other contributors.”

Website features include:

Information about health, wellness, and the human body, including links to articles, newsletters as well as the Inside Mental Health podcast

Articles about grief including “I Forgot to Say a Final Goodbye,” “Disenfranchised Grief: When no one seems to understand your loss,” “The Grief of Losing a Parent Is Complex — Here’s How to Start Navigating It,” and “The Terrible Nature of Alzheimer’s: Grieving for someone who’s still alive”

Racism and mental health information in articles such as “How to Recognize and Cope with Racial Trauma” and “Access to Mental Healthcare Is Harder for Black Americans. Here’s Why”
❖ “The Practical Guide to Healing a Broken Heart,” an article about heartbreak for reasons such as losing a loved one, the end of a relationship, job loss, and changing careers

❖ Articles about therapy such as “Understanding Therapy for Grief and How It Can Help,” “Our Top 10 Online Therapy Picks for 2021,” “Best Free Online Therapists in 2021,” “Therapy for Every Budget: How to access it,” “7 Tips for Finding a Culturally Competent Therapist – from Someone Who’s Been There,” and “Finding an LGBTQIA+ Affirming Therapist: Questions and answers to help”

❖ Articles about resuming life with grief, such as “The Other Side of Grief” and “After Losing the Love of My Life, I’m Dating for the First Time in Decades”

• COVID-19 Resources:
  ❖ “She Lost Her Mom to COVID-19, Then Her Dad. Here’s How She’s Coping,” an article which discusses the “toll of multiple losses” and offers suggestions for managing these feelings
  ❖ “Reflection and Resilience Amidst the Pandemic: My mental health story,” about an author who shares the details of her breakdown and how she is “coming to terms with a ‘new normal’”
  ❖ “How to Cope with COVID-19 Survivor’s Guilt,” which describes the symptoms (e.g., obsessive thoughts, sleep difficulties, depressive symptoms, and a loss of motivation) and ways to cope
  ❖ “Over 40,000 Kids Have Lost at Least One Parent to COVID-19,” an article which discusses “how the death of a parent can affect a child” and highlights how “communities of color have been disproportionately affected by the COVID-19 pandemic”

HealthyChildren.org

• HealthyChildren.org is “committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.” They are a companion website to the American Academy of Pediatrics.

• There is a link to the complete site in Spanish.

• Website features include:
  ❖ Articles with information for parents, organized by age: prenatal, baby, toddler, preschool, grade school, teen and young adult
Information on healthy living, safety and prevention, family life, health issues, news, and tip and tools

Emotional wellness includes articles such as “Everybody Gets Mad: Helping Your Child Cope with Conflict,” “Helping Children Handle Stress,” “10 Things Parents Can Do to Prevent Suicide,” and “Childhood Grief: When to Seek Additional Help”

Building Resilience features articles such as “Childhood Trauma: 3 Ways to Help Kids Cope,” “How Children Understand Death & What You Should Say,” and “Five Ways to Help Your Child Remember and Celebrate Loved Ones”

Link to the National Center for School Crisis and Bereavement's Parent Booklet entitled "After a Loved One Dies" in English, Spanish and Japanese

COVID-19 Resources:

“Mental Health During COVID-19: Signs Your Child May Need More Support” which features stress reactions by age, and how to help a child deal with the loss of a loved one to COVID-19

Articles such as “Stress and Violence at Home During the Pandemic” and “Tips for Coping with a New Baby During COVID-19”

HelpGuide

“HelpGuide is a small independent nonprofit that runs one of the world’s top 10 mental health websites. Over 50 million people from all around the world turn to HelpGuide each year for trustworthy content they can use to improve their mental health and make healthy changes.”

Website features include:

- **Articles** categorized by Mental Health, Health & Wellness, Children & Family, Relationships, and Aging

- Meditation routines such as “Bedtime Meditation for Sleep,” “Coping With Uncertainty Meditation,” and “Body Scan Meditation”

- Grief & Loss features articles on topics such as “Coping with Grief and Loss,” “Bereavement: Grieving the loss of a loved one,” “Suicide Grief: Coping with a loved one’s suicide,” “Dealing with a Breakup or Divorce,” “Job Loss and Unemployment Stress,” and “Coping with Losing a Pet”

- Article entitled “Helping Someone Who’s Grieving,” with suggestions on “what to say and how to comfort someone through bereavement, grief, and loss”
“Racism and Mental Health,” an article that discusses the “heavy emotional toll” of racial discrimination and injustice and highlights “ways to strengthen your resilience and protect your mental health”

- **COVID-19 Resources:**
  - [Coronavirus Help page](#) features articles about mental health challenges during the pandemic. Examples are described below.
    - “Helping Children Cope with Traumatic Events” offers ways to “help a child or teen recover from the trauma of coronavirus”
    - “How to Cope with Traumatic Events” describes strategies/methods to “regain control of your life”
    - “Dealing with Depression During Coronavirus” provides “tips that can help improve your mood and ease depression”

**Hospice and Community Care**

- “Hospice & Community Care provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness.”
- **Website features include:**
  - [Grief Resources](#) page has links to an online video library with information about grief; a suggested reading list; articles for caregivers, adults, and children/teens; and links to information about specific types of losses, such as losing a loved one to overdose, homicide or suicide
  - Articles focused on grief and disability such as “Bereaved Individuals with Autism,” “Bereaved Individuals with Intellectual Disabilities or Developmental Delays,” and “Grieving When Cognitively Impaired”
  - An article discussing common grief issues affecting the LGBTQ+ community following the death of a partner or spouse
  - Information to support those who are mourning a death with articles such as “When A Coworker is Grieving” and “How to Help a Grieving Friend”
- **COVID-19 Resources:**
  - Guidance to families who suffered a loss during COVID-19, such as “Coping with a Coronavirus Death,” “Support After a Coronavirus Death: Suggestions for parents and family members,” and “Helping Children Cope with a Coronavirus Death”
How Right Now/
Qué Hacer Ahora

- “How Right Now is a communications campaign designed to promote and strengthen the emotional well-being and resiliency of populations most adversely affected by COVID-19–related stress, grief, and loss.”

- COVID-19 Resources:
  - Information on coping with feelings of grief in English and Spanish
  - Provides guidance on many feelings associated with COVID-19 such as fear, anger, loneliness, sadness/depression, and uncertainty (Link to Spanish site here)
  - Resources to help people experiencing challenging emotions in English and Spanish
  - Personal stories “from people like you about their lived experiences during the COVID-19 pandemic and how they’re coping” in English and Spanish
  - Support if you “Need Help Right Now” in English and Spanish

International Society for Traumatic Stress Studies (ISTSS)

- ISTSS is focused on expanding information about the impact of trauma and providing resources to reduce it.
- Website features include:
  - Information for survivors of trauma including the examples listed below:
    - Find a Clinician allows you to search for a mental healthcare provider based on their location, discipline or specialty, special interests, populations served and language
    - A Trauma Blog that “highlights the perspectives of clinicians, researchers and other professionals and students working to understand, prevent and treat trauma across the globe,” and includes such topics as “Diversity and Multicultural Issues” and “Trauma and the Arts”
    - Public Education ePamphlets, which “introduce important trauma-related issues to the public” and “are available for download in Spanish, Arabic and Chinese,” such as “When a Friend or Loved One Has Been Traumatized,” “Children and Trauma,” “Intimate Partner Violence,” and “Mass Disasters, Trauma, and Loss”
Information on Childhood Abuse for adults with childhood traumatic experiences (available in English, Spanish, Dutch, Chinese, Japanese, Croatian, German, Norwegian, and Italian)

Trauma Basics with articles about childhood trauma, trauma during adulthood, “understanding natural recovery vs. PTSD” and videos of survivors talking about trauma

COVID-19 Resources:

COVID-19 articles in the Trauma Blog such as “Death Notification, Grief, and Posttraumatic Stress: Implications for COVID-19 deaths,” an article which explains how best to notify families about a death

Kavod v'Nichum and the Gamliel Institute

“Kavod v'Nichum and the Gamliel Institute provide resources, education, and training along the Jewish end-of-life continuum: from visiting the sick and pre-planning, to caring for the body after death, to providing comfort to the mourners.”

Website features include:

Information about Jewish mourning, rituals, and burial customs

COVID-19 Resources:

“A central forum for resources and news in relation to Jewish death-related practices and the ongoing pandemic of the COVID-19 virus”

The Taste of Gamliel Lecture Series are 90-minute educational events offered via Zoom. Past examples include “Talking to Children About Death” and “In the Blink of an Eye: The post pandemic reality of mortality.”

Kavod v'Nichum online meeting via Zoom “to discuss questions and answers, along with scientific studies, epidemiological and medical opinions, CDC and WHO statements, and best practices
Latinx Therapists and Speakers

- “Latinx Therapy was founded in 2018 with the mission to destigmatize mental health in the Latinx community. Since then, we have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of those in our directory are Spanish speaking), which strives to provide culturally-grounded workshops and services to our community.”

- **Website features include:**
  - Find a Therapist to search for a mental health professional, many of whom speak Spanish
  - A list of “Frequently asked questions,” such as “How do I look for a therapist?” and “Common questions to ask a therapist”
  - A Podcast “that discusses mental health topics related to Latinas, Latinos and Latinx individuals in efforts to demystify myths and diagnoses,” such as “Grief and Loss in the Latinx Community”
  - Links to mental health resources in English and Spanish

Legacy

- Legacy.com is “the place where the world pauses to embrace the power of a life well-lived. We believe that a single life story can provide extraordinary inspiration, even after that person has died. So, we champion every life, knowing it can connect us in unexpected, powerful ways.”

- **Website features include:**
  - “Information and advice to help cope with the death of someone important to you” with links to Planning Resources, Sympathy Advice, Honoring a Life, and Living with Grief
  - Legacy.com moderates many private Facebook support groups. These include loss of a parent, spouse, sibling, child, veteran, family member, friend, addiction loss, suicide loss, pregnancy and infant loss, and pet loss.
  - A portal to search for and share obituaries of loved ones
• **COVID-19 Resources:**
  - Their Lives Remembered: Coronavirus memorial, a compilation of tributes and a place to share condolences for those who have died in the pandemic
  - Articles providing advice and about issues pertaining to death, such as “How to Serve as Estate Executor During a Pandemic” and “Obituaries Reflect the Story of the Pandemic”

**Mental Health America (MHA)**

- Mental Health American “is the nation’s leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all.”

- **Website features include:**
  - Information about mental health programs focused on education and outreach, research and innovation, policy and advocacy, and referral services
  - Overview of mental health issues and links for support affecting many different communities, including the Latinx/Hispanic communities (in English and Spanish), Black, Indigenous People, and People of Color (BIPOC), Native and Indigenous communities, Asian American/Pacific Islander communities, and LGBTQ+ communities
  - Mental health screening tools in English and Spanish; after completing the screening, you receive “information, resources and tools to help you understand and improve your mental health”
  - Bereavement and Grief page that discusses coping with a major loss, knowing what to expect, living with grief, and helping others grieve
  - Blog posts such as “New Data from MHA Screening Shows Differences in Anxiety, Depression, and Suicidal Ideation Across Race and Ethnicity” and “Mental Health And Hip-Hop: An undeniable super team for healing & wellness”

• **COVID-19 Resources:**
  - COVID-19 Pandemic Information is separated into two sections as described below:
    - Resources for Immediate and Crisis Response, a page with contact information for organizations who can provide support right away
    - General Information and Resource Guides, a page with a compilation of information for those suffering from mental or physical health effects from COVID-19; examples include links to the COVID-19 Blog and COVID-19 webinars
Articles such as “As COVID-19 Accelerates Loss, Now Is The Time To #TalkAboutGrief” and “Life Doesn’t Feel Real Anymore: Dissociation in the time of COVID-19”

Webinars such as “Processing Big Changes: Grief and loss during COVID-19,” “Loss, Grief, and Finding The Light Again,” and “The Rise Of Alcohol Use During COVID-19: An epidemic in plain sight”

Support for common concerns during COVID-19 including articles such as “Why Am I Having Suicidal Thoughts” and “My Coping Skills Aren’t Working Anymore”

Mental Health Technology Transfer Center (MHTTC) Network

• “The purpose of the Mental Health Technology Transfer Center Network is technology transfer; disseminating and implementing evidence-based practices for mental disorders into the field.” There are 10 regional networks throughout the United States, including divisions for American Indians, Alaskan Natives, and Hispanic and Latino Communities. Resources are in both English and Spanish.

• Website features include:
  ❖ Grief Fact Sheet Series including “Responses to Grief Across the Lifespan,” and “Cultural Responsiveness” which “describes differences in cultural expressions of grief”
  ❖ A series of presentations on “Complicated Grief to Moral Injury” including “Alleviating Moral Suffering,” “Moral Injury Through the Lens of Diversity and Equity,” and “When Grief Becomes Complicated”
  ❖ List of upcoming events sponsored by the MHTTC

• COVID-19 Resources:
  ❖ “Grieving in the COVID-19 Era and Beyond,” a webinar which discusses how “contemporary grief theory often sidelines marginal communities”
  ❖ “Ambiguous Loss: Grieving in the Time of COVID-19,” a presentation which gives “an overview of what grief looks like at any time but especially during a time of ambiguous loss” and suggestions for “how to care for yourself and others in a time of uncertainty”
  ❖ The Well-Being Series, webinars for families and educators to promote “connections during COVID-19.” A past example includes “Hope & Cope 2020,” a program geared towards young adults between the ages of 14 and 21 years, to inspire them “to experience this pandemic as a positive growth opportunity rather than a barrier to life.”
“Pandemia: Restoring the Wounded Soul: Latino reflections on loss, grief, and rituals,” a webinar geared towards professionals that “discusses the experience of loss and grief for Latinos during the current pandemic”

Modern Loss

- Modern Loss is a website developed by two friends in the wake of their separate struggles with sudden traumatic loss. It is aimed at providing resources for the recently bereaved. Their goal was to create a site that encouraged people to engage in candid conversations about their loss, engage with a community of support from others who were grieving, and help them as they navigate “the long arc of loss and resilience.”

- **Website features include:**
  - “Diverse personal essays from people who have experienced all kinds of loss.” Examples are listed below:
    - Practical advice such as “How To: Avoid family conflict when there’s no estate plan,” “What to Keep When Someone Dies,” “The 9 Things No One Tells You About Scattering Ashes,” and “5 Things to Do Before Visiting a Medium”
    - Articles about the feelings associated with loss, such as “I Lost My Racial Identity When My Mother Died,” “My Relationship with My Dad Changed After My Mom Died,” “What It Feels Like to Be Older Than My Father,” and “Having a Dead Sibling is Full of Contradictions”
    - “What is ‘Sexual Bereavement’?,” an article that highlights that “the death of a long-term partner leaves someone to grieve the end of this shared sexuality that was so critical to the relationship”
    - “10 Ways to Overcome Grief-Related Anxiety,” a “step-by-step guide to managing “the monster sibling of grief”
  - **COVID-19 Resources:**
    - “Call It Grief and Then See if it Changes How You View it,” an article in which the author “applies some lessons from loss to this year’s surreal new world”
    - “How to Support a Grieving Child During a Year That Makes No Sense,” an article which provides suggestions for helping children express their feelings in the aftermath of a loss
    - “The Vaccine Wasn’t Ready in Time to Save Mom,” an article which describes the grief the author feels because she was able to get the vaccine while her mother was not
❖ “My Father, the Pandemic, and Thoughts on Abandonment,” an article in which the author discusses the difficulties she had in obtaining support following the death of her father
❖ “How to Brush Your Teeth While Grieving in a Pandemic,” an article in which the author sums up her experience by writing “So, I brush my teeth and start each day because that’s all I can do—keep going, keep moving, keep waiting for the good days I know will somehow come again.”
❖ “The Rules of Grief Do Not Apply,” in which the author describes “my father died during the Covid-19 lockdown in London. The absence of support felt so surreal that I wondered if I could pretend his death never really happened.”

Modern Widows Club

- The purpose of the Modern Widows Club is to “empower women of all ages, races, beliefs, faiths, partner-statuses, socioeconomic statuses and all loss-circumstances in widowhood to lean into life and build resilience through mentoring, awareness and advocacy.”
- **Website features include:**
  - A compendium of [Legendary Widow Role Models](#)
  - [Widow Support Blogs](#) with “support in navigating finances, health, relationships and parenting when life is turned upside down”
  - [Healthy Widow Healthy Woman Podcast](#) with Carolyn Moor which includes episodes on topics such as emotional, mental, physical, financial, and spiritual health
  - Groups for widows categorized by area of interest including parenting, travel, dating, art and books
  - Link to local chapters throughout the United States and abroad
  - [Emotional & Mental Health for Widows](#) with blog posts such as “After a Suicide Loss: Choosing to Live,” which describes the author’s experience after the death of her husband of almost 38 years by suicide; and “Widow Wisdom: What motivates you to keep going and keep growing?,” which has inspirational quotes from widows

- **COVID-19 Resources:**
  - “A Letter to Our COVID Widow Sisters,” in which the author states, “This letter is for you. This letter is to show you that the rest of us widows care.”
“Spring Cleaning Our Minds and Hearts: Be a warrior” in which the author comments that she “can lament my husband only knew four of my eight grandchildren, or I can think wow—what a blessing to have four more and see my children happy”

Muslim American Society – Social Services Foundation

- “Muslim American Society-Social Services Foundation is a non-profit that aims to aid families at large and the Muslim community in particular with their social services needs.”

- Website features include:
  - **AMALA Hopeline**, a Muslim youth helpline can be reached by phone at 1 (855) 95-AMALA on Mondays, Wednesdays, Fridays, Saturdays, and Sundays from 6 PM to 10 PM PST, and via text on Wednesday and Sunday from 6 PM to 10 PM PST and is “an accessible, confidential, and culturally competent means of peer counseling and resource referral for Muslim youth”
  - Information about the **Al-Afira for Seniors** to “prevent depression, anxiety, isolation, and feelings of helplessness associated with aging”

- COVID-19 Resources:
  - “**Support During the COVID-19 Emergency**” page features a video library; an example includes “How to Cope with Grief during the COVID-19 Pandemic” in English, Arabic, Pashto, Dari, and Urdu
  - “**Community Support During COVID-19**” provides links to resources such as addressing fear and coping with stress, access to healthcare, immigration information, and supporting local businesses

My Grief Connection (MGC)

- My Grief Connection “is a supportive place for people who are dealing with grief and/or loss of any kind.”
Website features include:

- A guide to help grieving individuals select a therapist at [Finding the Right Grief Therapist or Counselor](#)
- Links to [online support groups](#) and where to find help in a crisis, recommendations for articles, blogs, books, podcasts, and television shows, [grief services](#), and [grief camps and retreats](#)
- Articles about [grief and the body](#), [end of life preparation](#), and [funerals, memorials and farewells](#), and videos for [handling belongings of the deceased](#)

COVID-19 Resources:

- “[Coping with Pandemic Grief: A guide to feeling, dealing & healing in 2021](#),” a mini-course to learn “skills to cope with the anxiety, grief and burnout we are collectively experiencing”
- Helplines and Infographics, such as “[What COVID-19 Grief Can Look Like](#)”
- Links to webinars entitled “Three Reasons Why All Grief During COVID-19 is Traumatic: New strategies for healing” and “Living with Grief in the Midst of COVID-19: 5 tools to cope and navigate this unprecedented time”

**National Alliance for Grieving Children (NAGC)**

- “The National Alliance for Grieving Children (NAGC) 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.”

Website features include:

- [A list of affiliated grief support service providers](#) (organizations who offer help for families through counseling, peer support, support groups, and other related activities) throughout the United States and Canada; and [resources to support grieving children](#) (e.g., articles and activity books)
- Toolkit entitled “Responding to Change and Loss” in [English](#) and [Spanish](#) which described how to support children and teens through the grieving process
- [GriefTalk Resource Guides](#), including “Talking to Children about Death and Dying,” “Talking to a Child or Teen to Let Them Know Someone Has Died,” “Talking about End of Life Memorials and Rituals,” and “Talking about Grieving as a Family”
- [Webinars](#) such as “Motherless Daughters and the Long Arc of Grief: How women’s stories of early loss evolve over time” and “From Grieving Children to Contented Old Men: How true friendship rescued us”
COVID-19 Resources:

- Webinars in their “COVID Response Series” such as “Through the Lenses of Grief: A Conversation about Grieving Children, Teens, and Families in the Emotional Climate of the Coronavirus,” “Family Night in a Box: Expressive activities adapted for bereaved families during COVID-19,” and “Thriving Over Surviving: Helping Gen Z integrate grief through the ‘tough stuff’”

National Alliance on Mental Illness (NAMI)

- The National Alliance on Mental Illness (NAMI) is “the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.” Their goal is to “improve the lives of people with mental illness and their loved ones.”

Website features include:

- Information and support for those diagnosed with mental illness and their loved ones, such as articles about mental health conditions, support groups and links to local NAMI chapters. They also offer information in Spanish.

- Information about the “Importance of Cultural Competence,” and a discussion of barriers to mental health care, with links to resources for the Asian American and Pacific Islander communities, Black/African American community, Indigenous communities, Hispanic/Latinx community, LGBTQI community, and for people with disabilities

- Resources specific to kids, teens and young adults (such as how to help a friend or managing mental health in college,) veterans and active duty members (such as information about PTSD, depression and traumatic brain injury,) and front line professionals (such as suicide prevention for those facing the adverse mental health effects of COVID-19)

- NAMI HelpLine is a free nationwide peer support service that may be accessed by phone or email. HelpLine volunteers provide information, emotional support, and practical advice for those living with mental illness and their caregivers.

  - For help in a crisis, text NAMI to 741-741 24/7, call 1 (800) 950-NAMI (6264) on Monday through Friday from 10 AM to 8 PM, ET, or chat online

  - The HelpLine Online Knowledge and Resource Center “offers an extensive library of valuable information and answers to our most frequently asked questions” including emotional and crisis support, legal assistance, and questions about mental health treatment.”
Educational programs such as NAMI Family-to-Family (a program for family, significant others and friends of people with mental health conditions,) NAMI Family & Friends (a seminar that informs people who have loved ones with a mental health condition how to best support them,) or NAMI Peer-to-Peer (a program for adults with mental health conditions who are looking to better understand themselves and their recovery)

Personal stories of those who are bereaved including “Suicide Survivors: The ties that bind us,” “Surviving a Loss,” and “It Begins, Life Without My Son”

Video on “Destigmatizing Mental Health” and its importance for recognizing those in crisis

COVID-19 Resources:

“COVID-19 Resource and Information Guide,” available in English and Spanish, contains links to general information about COVID-19, phone or online connections for those who feel isolated, guidance for managing stress and anxiety triggered by the pandemic, and tips for locating a religious community. It also offers advice on how to obtain support after losing a loved one to COVID-19.

National Center for PTSD

“The National Center for PTSD advances the science of posttraumatic stress disorder and the care of Veterans and others impacted by trauma through research and education.”

Website features include:

Understand PTSD page has information “about symptoms, types of trauma, common reactions, and related problems.”

Treatment Basics page discusses “talk therapies and medications proven to help people with PTSD” in English and Spanish

Get Help page provides suggestions on how to locate assistance. Examples are below:

Get Help in a Crisis in English and Spanish has links and contact information for emergency services

Find a Therapist in English and Spanish, which offers guidance on how to find a mental healthcare provider as well as links to resources specifically for veterans
“Self-Help and Coping” provides tools to help manage stress reactions, such as mindfulness activities and how to locate a peer support group

For Family and Friends page focuses on those who are supporting a loved one with PTSD, including the effect of PTSD on families and relationships

“Grief: Different reactions and timelines in the aftermath of loss,” an article which describes “common grief reactions and stages of loss as well as prolonged or complicated grief”

“Grief: Taking care of yourself after a loss,” an article which highlights “strategies to increase self-care while grieving a loss”

“Grief: Helping someone else after a loss,” an article which describes “strategies for offering support” and why it is important to “let the person know you are there for them”

Resource page for veterans who are suffering as a result of our withdrawal from Afghanistan that describes common reactions, strategies to manage ongoing distress, as well as when to consider professional help

COVID-19 Resources:

COVID Coach is a free app designed to help “build resilience, manage stress, and increase your well-being” during COVID-19 “with tools to help you stay connected, work from home, navigate parenting or caregiving, and stay healthy.”

“Coronavirus (COVID-19): Resources for managing stress,” an article which features “links to information and resources to support self-care, the work of providers, and community efforts”

“Helpful Thinking During the Coronavirus (COVID-19) Outbreak,” a chart which describes common unhelpful thoughts and provides positive alternatives in English and Spanish

“Tips for Providing Support to Others During the Coronavirus (COVID-19) Outbreak” in English and Spanish

National Child Traumatic Stress Network (NCTSN)

The mission of the National Child Traumatic Stress Network “is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.”
Website features include:

- Information about types of trauma, trauma treatments, and trauma-informed care in English, Spanish and Chinese
- “Childhood Traumatic Grief: Youth information sheet” explains the differences between grief and traumatic grief

COVID-19 Resources:

- “Helping Children with Traumatic Separation or Traumatic Grief Related to COVID-19,” a guide which identifies children’s concerns and gives suggestions regarding how adults can respond
- Information on “anticipating a death, preparing a child for the death, and saying goodbye” in a booklet entitled, “The Power of Parenting During the COVID-19 Pandemic: Helping children cope with the impending death of a loved one”
- “The Power of Parenting During the COVID-19 Pandemic: Mourning the death of a loved one,” a booklet that highlights how to say “goodbye when you couldn’t be there” and the “developmental differences in behaviors associated with grief”
- “The Traumatic Impact of COVID-19 on Children and Families: Current perspectives from the NCTSN” which “outlines some of the traumatic impacts that COVID-19 has had on children and families” and “highlights the pandemic challenges that children, families, and child-serving agencies have faced and describes the NCTSN's response to COVID-19”
- “Assisting Parents and Caregivers in Coping with Collective Traumas,” a tip sheet that offers strategies for coping, such as “having compassion for yourself and others,” “self-reflect before reacting,” and “search for meaning”

National COVID-19 Day

- “The purpose of National COVID-19 Day is to help the United States navigate our collective grief, encourage one another, and embrace hope for what is ahead. March 11 was chosen in recognition of the day COVID-19 was declared a pandemic by the World Health Organization.”

COVID-19 Resources:

- Remember Lives Lost offers ways to honor those who have died from COVID-19
- Get Help provides recommendations for emotional support via chat, online discussion groups, and advice on when to seek professional help
“Free tools to help you navigate grief, cultivate resilience, and care for others,” including articles such as “101 Ways to Cope with COVID-19 Grief” and “The Surprising Link Between Gratitude and COVID-19 Emotional Resilience”

An E-Book entitled “Alisa and the Coronavirus,” which “shares ideas to help children cope with COVID-19 emotional struggles.”

“Journey from Grief to Hope,” an e-book “to help others struggling to cope with COVID-19 grief, anxiety, and stress” which includes “around 28 days’ worth of evidence-informed tips to help you cope”

Share Your Appreciation and Serve Your Community pages that suggest ways to give back by recognizing others or getting involved, such as volunteering in your neighborhood

Articles including “Dealing with Burnout Caused by COVID-19’s Psychological Marathon,” “Supporting Older Adults Amidst COVID-19,” “8 Tips for Staying Safe and Sane During the Pandemic,” and “Making and Maintaining Strong Relationships Through the Pandemic”

National Domestic Violence Hotline

“The National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.” They “envision a world where all relationships are positive, healthy, and free from violence.”

Website features include:

- To reach the hotline, call 1 (800) 799-SAFE (7233), TTY 1 (800) 787-3224, or text START to 1 (800) 799-SAFE (7233)
- Guidance for identifying abuse includes warning signs of abuse and why people become abusive
- How to develop a plan for safety includes information on creating a safety plan, supporting your children, and keeping your pets safe
- Tips for how to support others, which offers information on how to start a conversation and ways to provide comfort
The National Institute of Mental Health is the leading “federal agency for research on mental disorders.”

**Website features include:**

- Articles on [health and mental health topics](https://www.nimh.nih.gov/health) to “provide users with information to better understand their health and their diagnoses disorders”
- Help for Mental Illness, including contact information to “Get Immediate Help in a Crisis” and “Find a Health Care Provider or Treatment” in [English](https://www.nimh.nih.gov/health) and [Spanish](https://www.nimh.nih.gov/health)
- Brochures and Fact Sheets (in [English](https://www.nimh.nih.gov/health) and [Spanish](https://www.nimh.nih.gov/health)) with information on mental health disorders (e.g., anxiety, eating disorders, PTSD, etc.) and related topics (e.g. clinical trials, genetics, treatments, and stress, etc.)
- [Shareable resources on Suicide Prevention](https://www.nimh.nih.gov/health) in English and Spanish
- “Coping with Traumatic Events,” an article which describes warning signs and where to find help
- “Older Adults and Depression,” an article about the signs of depression, risk factors for developing depression, which describes the differences between grief and depression
- Information about [perinatal depression](https://www.nimh.nih.gov/health), which is “depression that occurs during or after a pregnancy”
- [List of upcoming events](https://www.nimh.nih.gov/health) sponsored by the NIMH

**COVID-19 Resources:**

- [Resources on Coping with COVID-19](https://www.nimh.nih.gov/health) which offer strategies to manage stress and connect with others
- Message from NIMH Director Joshua A. Gordon, M.D., Ph.D., entitled “[Addressing the Needs of the Autism Community During COVID-19](https://www.nimh.nih.gov/health)” in which he noted “The effects of the pandemic are especially challenging for the most vulnerable, including those on the autism spectrum and their families.”
National Institute on Aging (NIA)

- The National Institute of Aging “seeks to understand the nature of aging and the aging process, and diseases and conditions associated with growing older, in order to extend the healthy, active years of life.”

- **Website features include:**
  - Various articles about personal health and related topics, such as caregiving, exercise and physical activity, and healthy eating, in English and Spanish.
  - The [End of Life](https://www.nia.nih.gov/health/quick-facts-end-life) page “gives an overview of the issues and decisions to be made by people caring for someone when the end of life is near. Learn about palliative care, hospice, and how to get help for your grief.”
  - “[What To Do After Someone Dies](https://www.nia.nih.gov/health/quick-facts-end-life),” an article with practical advice about making arrangements for what to do immediately following the loved one’s death (e.g., getting a legal pronouncement of death and guidance on organ or brain donation) and what to do within a few weeks of the death (e.g., contacting life insurance and credit agencies and the Social Security Administration).
  - “[Mourning the Death of a Spouse](https://www.nia.nih.gov/health/quick-facts-end-life),” an article with guidance on “finding a support system,” and “taking care of yourself while grieving” and answers to such questions as “What are the signs of complicated grief?” and “Does everyone feel the same way after a death?”

- **COVID-19 Resources:**

National Queer & Trans Therapists of Color Network

- “The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).”

- **Website features include:**
❖ **Community Resources** has links to crisis hotlines, online support, directories and organizations. Examples include the following:

♦ **Trans Lifeline**, a hotline that “provides trans peer support for our community that’s been divested from police since day one. We’re run by and for trans people.” They may be reached by phone in the U.S. at 1 (877) 565-8860 and in Canada at 1 (877) 330-6366.

♦ **BlackLine**, “a space for peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.” They may be reached by phone at 1 (800) 604-5841.

♦ **DeQH**, a hotline with “support for South Asian lesbian, gay, bi, queer, trans, non-binary, questioning individuals in the U.S.” LGBTQ individuals, family, and friends.” They may be reached by phone at 1 (908) 367-3374 or via their online contact form.

♦ **The LGBT National Help Center**, who serve “the lesbian, gay, bisexual, transgender, queer and questioning commenting by providing free and confidential peer support and local resources.” They may be reached by phone at 1 (888) 843-4564. They also have online peer support via chat, weekly youth chatrooms, and links to helpful resources.

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### National Widowers Organization

- “The National Widowers’ Organization is a virtual toolkit for men coping with the loss of a loved one, a place where men can meet others going through the same transition.”

- **Website features include:**

  ❖ Articles such as “[What to Expect After Losing A Spouse](#),” which discusses common problems encountered by new widowers, and “[Frequently Asked Questions About How Men Grieve](#),” which highlights the reactions to loss that “range from the physical to the emotional, cognitive, spiritual, and behavioral”

  ❖ **Guest Columns**, including “[Moving On After Losing Her](#)” and “[Becoming a Widower with Young Children](#)”

  ❖ **Bereavement resources in print and on the web** with recommendations for blogs, organizations, and books

  ❖ Podcast entitled “[Widower’s Journey](#),” which aims to “help men rebuild after their loss”
Open to Hope Foundation

- “Open to Hope is a non-profit with the mission of helping people find hope after loss. We invite you to read, listen and share your stories of hope and compassion.”

- Website features include:
  - Over 7,000 articles to support those who have experienced the death of a loved one. Examples include “How to be Grateful in Grief” and “Viewing the Body: Does it help or harm?”
  - “Open to Hope TV” and “Open to Hope Podcast,” both of which are hosted by Dr. Gloria Horsley, President of Open to Hope, and Dr. Heidi Horsley, Executive Director of Open to Hope, and feature personal stories of those recovering from loss

- COVID-19 Resources:
  - “Bereavement Struggles During COVID-19,” a blog post which highlights the challenges of bereavement during COVID-19 and offers suggestions on “things we can do to address that sense of disappointment, guilt, and shame”
  - “The Loss Of A Grandparent To COVID-19,” a video interview with Marion Donon, a clinical psychologist and author of a book of the same name, who discusses how to talk with children about the death their grandparent
  - “End of Life Issues During COVID-19,” a blog post which offers “thoughts on end-of-life care and self-care during these stressful times”
  - Support for death due to causes other than COVID-19 including “Death from Overdose and Survivor Support During COVID-19” and “Honoring Deaths Unrelated to COVID-19” (video and article)

Option B

- Option B “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.”
This is a companion website to the book, *Option B: Facing Adversity, Building Resilience and Finding Joy*, by Sheryl Sandberg, COO of Facebook and Board Chair of the Sheryl Sandberg and Dave Goldberg Family Foundation, and Adam Grant, the Saul P. Steinberg Professor of Management and Professor of Psychology at the Wharton School of the University of Pennsylvania.

**Website features include:**

❖ **Resources** tailored to the following reasons for visiting the site: “I’m facing a challenge,” “I want to support someone else,” and “I want to build my everyday resilience”

❖ **Grief and Loss** page features articles, personal stories, and videos for those who are grieving

   ♦ Examples include an article entitled “Coping with Loss and Finding Meaning with Chris Davis,” and TED Talks entitled “Nora McInerny on Moving Forward With Grief” and “Lucy Kalanithi on What Makes Life Worth Living in the Face of Death”

❖ Information for those who are supporting the bereaved, such as “Being There: What to Say and Do in the Aftermath of Loss” and “How to Support Your Loved One with Sheryl Sandberg & Adam Grant”

❖ Personal stories and resources on the following topics: coping with grief, living with health challenges, surviving abuse and sexual assault, getting through family crises, overcoming the effects of incarceration, helping kids build resilience, and developing resilience

❖ Two types of **support groups**, including the “Option B Support Group: Coping with Grief,” a private Facebook group with more than 27,000 people from all over the world, and an “Option B Gathering,” where the bereaved are “hand-matched to a small, virtual group of 12-15 people that meets regularly”

**COVID-19 Resources:**

❖ Excerpt from the book *Option B* in **English** or **Spanish** “with a new foreword on resilience during COVID-19” which discusses “hardship, coping with hardship, practicing gratitude, helping others, finding joy, and the power of collective resilience in ourselves and our communities”

❖ “**How to Support Others During the COVID-19 Pandemic,**” an article which summarizes resources for supporting friends and family, working parents (parents of school-aged kids), kids, someone who’s lost a loved one during COVID-19, people who are financially insecure, people who are experiencing domestic violence, frontline workers, and small businesses

❖ Free **digital cards with messages of support** that can be emailed to a loved one or friend
Information about **self-compassion** by “treat[ing] yourself with the kindness and understanding you’d show a friend”

Article entitled “[How to Talk to a Loved One about Hardship – and Why It Matters](#),” which states “starting a an open dialogue about what your loved one is experiencing is one of the most helpful things you can do”

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**The Order of the Good Death**

- “The Order of the Good Death is a group of funeral industry professionals, academics, and artists exploring ways to prepare a death-phobic culture for their inevitable mortality.”

- **Website features include:**
  - [Blog posts](#), [videos](#), and a [podcast](#) to encourage people to speak openly about death and dying
  - Ask A Mortician videos, such as “[Helping A Friend Through Grief](#),” “[Making Your Death Plan](#),” and “[Talking to Your Parents About Death](#)”
  - “[Netiquette Regarding Digital Legacies and Dealing with Death, Tragedy, and Grief](#),” an article which describes “grieving, memorializing, and providing support online, as well as best practices for sharing ‘bad news’ or death notifications digitally”
  - [List of upcoming events](#) sponsored by The Order of the Good Death

- **COVID-19 Resources:**
  - [COVID-19 Toolkit](#), a “one-stop source for reliable and up-to-date facts and guidance on handling death, grief, and end of life planning under COVID-19,” such as “[Resources by and for Disability Communities in the Time of COVID-19](#),” which offers links to websites that support those with disabilities
  - Links to articles encouraging a dialogue about death such as “[Talking about Death During COVID-19](#)”
Pandemic Parenting

- “Pandemic Parenting is a collaboration between two psychologists, scholars, and moms committed to sharing their expertise and research in ways that are immediately accessible and useful to families.”

- **COVID-19 Resources:**
  - “Grief: Yours, Mine & Ours,” a webinar that highlights the “different types of grief” and explains that adults and children grieve differently
  - Blog posts on supporting the bereaved during COVID-19, such as “6 Things Your Pandemic Parent Friend Might Need to Hear Today”
  - Webinars such as the “Best of Pandemic Parenting,” “Anti-Racist Pandemic Parenting,” “Pandemic Co-Parenting & Single Parenting,” “Managing Sibling Conflict During COVID-19,” and “How the Pandemic is Impacting Working Moms”
  - Blog posts such as “Pregnancy and Postpartum During a Pandemic: 4 Things to Know about Depression and Anxiety,” and “Tips on Raising Anti-Racist Kids for Parents”
  - “Trying to Expect During a Pandemic: 3 Ways to Cope with Pregnancy Loss, Fertility Challenges and Adoption Delays,” an article which describes the “unique challenges for those who are trying to become parents” during the pandemic

Please Live

- The mission of Please Live is “to cultivate mental wellness through education and awareness of youth and young adult mental health challenges, focusing primarily on depression, anxiety, and suicide prevention.”

- **Website features include:**
  - “List of Hotlines” features phone numbers and links to live online chats to get immediate support in crisis
  - “I am Struggling,” which explains the differences among mental illnesses, mental disorders, and mood disorders, and how to find help
  - “I Know Someone Who is Struggling,” which features information about signs and symptoms of depression, anxiety, and suicide and how to help those who are suffering
❖ “Information for Parents,” which describes the factors that can put a teen at risk for suicide and offers guidance for parents on how to talk with their children
❖ “Crisis Intervention,” which describes what it is and what to expect from a crisis intervention therapist

Psych Central

• “Psych Central is the Internet’s largest and oldest independent mental health online resource.”

• Website features include:
  ❖ Information about mental health conditions and treatment information
  ❖ My Support Forum (an online discussion site) started by Psych Central, which includes support groups for individuals struggling with such problems as addiction, anxiety, bipolar disorder, and OCD; support for those suffering from grief and loss, disabilities, and chronic diseases; and general forums for teens, seniors, and the LGBTQ+ community
  ❖ Psych Central Podcast, which “approaches psychology and mental health in an accessible way” such as “Is Grieving a Lifelong Process?”
  ❖ “Good Grief: Healing after the pain of loss,” an article which discusses how to “navigate the healing process” and describes the differences between grief and depression
  ❖ Article on managing grief and trauma among those returning from serving abroad in Afghanistan titled “Returning from America’s Longest War”

• COVID-19 Resources:
  ❖ “Grief & Loss in the Time of Coronavirus,” an article which describes the different circumstances of a COVID-19 related death
  ❖ “Mental Health During the COVID-19 Pandemic: Where Are We Now?,” an article with tips from experts “for improving mental health as we emerge and heal from the effects of the COVID-19 pandemic”
  ❖ “Grief and the Black Mother,” an article which describes “the experiences of mourning Black women through the years”
  ❖ “Grief and Loss: Mourning our Collective Losses,” an article which highlights how “many will be mourning the loss of loved ones and normalcy for years to come — a pain that will have an even greater impact on communities of color”
“The COVID-19 Crisis is a Trauma Pandemic in the Making,” an article which explains why many people will experience trauma during COVID-19 and describes how awareness, connection, self-kindness, and acceptance can help

Psychology Today

- Psychology Today is a companion website to the Psychology Today magazine and features contributions from “a group of renowned psychologists, academics, psychiatrists and writers.”
- **Website features include:**
  - Articles about various topics, including mental health conditions, personal growth, relationships, and family life
  - Find a Therapist with a searchable database to help locate a therapist, treatment center, psychiatrist, support group or teletherapy
- **COVID-19 Resources:**
  - “Coping with Grief During the Pandemic,” an article which discusses “how the pandemic impacts the grieving process” and offers “recommendations to get through a tough time in an unusual time,” such as attending a bereavement group or engaging in self-compassion
  - “Grieving During COVID? These Tips Will Help,” an article which offers “a seven-step action plan for overcoming grief and loss”
  - “Three Ways to Address Guilt When You’re Grieving,” an article which notes that “guilt is common in grief” and gives suggestions on ways to reframe these feelings
  - “Three Lessons on Loss and Grief,” which states that “there is no incorrect way to respond to loss”
  - “COVID’s Added Impact to the Grief of Losing Loved Ones,” which “shows how we can better support those grieving from loss during COVID”
  - “Talking to Kids About Life and Death in the Age of COVID-19,” an article which highlights how “culture shapes how we talk to children about life and passing during a pandemic”
  - “COVID-19’s Impact on Mental Health Hasn’t Been All Bad,” an article which explains that although the “pandemic has caused mental distress” it has “also strengthened people's mental health in many ways”
The Remembering a Life website is sponsored by the National Funeral Directors Association, which is “the world’s leading and largest funeral service association, serving 19,700 individual members who represent more than 10,000 funeral homes in the United States and 49 countries around the world.”

Website features include:
- Articles for those recently bereaved including “Honoring a Life” (e.g., planning a service/memorial/funeral), and “When a Death Occurs” (e.g., a checklist of tasks to perform after a death)
- “Grief,” an article which offers guidance for those coping with loss, such as understanding grief, types of loss, and finding support
- LGBTQ+ friendly material, including an article entitled “LGBTQ+ Grieving: Loss, love, and pride” which discusses “grieving death losses alongside non-death losses” and “how to support with love”
- Blog posts such as “Love is Stronger than Death,” “Self-care in Grief: More than a buzzword,” “Acknowledging The Anniversary Of A Loved One's Death,” and “Continuing Bonds With Your Loved One After Death”

COVID-19 Resources:
- “Grieving a Coronavirus Death: Help for special circumstances,” an article which explains that grief is especially difficult during the pandemic and gives suggestions for helping those who are struggling with feelings to anger, guilt or self-blame
- “Grieving During the Pandemic: A Discussion with Becky Lomaka,” a video that addresses such topics as the feelings associated with losing someone (especially during the pandemic,) remembering how they were when they were alive, and honoring the deceased by telling their death story and by doing something meaningful in their memory (such art, journaling, planting a garden or making a favorite meal)
- “Loss in a Pandemic: Supporting grievers,” an article which offers recommendations for helping the bereaved, such as how to validate their feelings, how to remain emotionally present, and ways to stay in touch
- “Loss In a Pandemic: Using social media purposefully,” an article which highlights how important it is to “post thoughtfully and with care,” and not to “share news of a death online without permission”
Podcast entitled “Anxiety – The Missing Stage Of Grief: A conversation with author Claire Bidwell Smith” in which Smith “reflects on the role anxiety has played in her grief journey and how we can identify and manage our own anxiety following a loss”

RUACH: Emotional and Spiritual Support

- “RUACH is a network of Jewish emotional and spiritual volunteer-supporters with emotional and spiritual advising skills, including licensed therapists, social workers, clergy, chaplains, and advanced students, seeking to help persons over the age of 18, regardless of religious identity or affiliation, during these challenging times.”

- COVID-19 Resources:
  - Short-term volunteer support to help meet immediate emotional and spiritual needs. You can sign up to request support here.

Seize The Awkward

- “Reach out and Seize the Awkward: Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips – that can help you help those in need.”

- Website features include:
  - Get Help advises the following:
    - If an emergency, call 911 or bringing a friend to the emergency room
    - If in a crisis, contact “the Crisis Text Line by texting SEIZE to 741741 or call the National Suicide Prevention Lifeline at 1 (800) 273-8255. For support en Español, call the National Suicide Prevention Lifeline at 1 (888) 628-9454. To speak with someone in Cantonese, Mandarin, Fujianese, Japanese, or Korean, call the Asian LifeNet Hotline at 1 (888) 628-9495.”
  - Learn the Signs includes a list of “warning signs” to look for when a friend might be in need of help
  - Conversation Starters gives suggestions for “opening lines to help initiate the discussion” when expressing concern to a friend about their mental health
During the Conversation features the reminder not to “worry about finding the perfect words to say – there is no right or wrong, just be there and let the person know they have your support”

After the Conversation provides tips for offering continued support

Resources offers guidance for “situations where your friend might be struggling” including advice on “dealing with loss”

• COVID-19 Resources:
  • “Mental Health During the Coronavirus” offers guidance on how to manage your emotional well-being and support friends struggling in the wake of the pandemic

Shiva

• Shiva is a weeklong period of mourning in Judaism following a loved one’s death. The authors of the website state, “After experiencing the loss in our lives, we needed help and guidance to better understand the end of life and shiva process. There wasn’t any. So, we created it.”

• Website features include:
  • Information about the traditions of shiva and Jewish mourning
  • Guidance as it relates to the passing of a child, friend, former spouse, employee or professional such as a “family doctor, lawyer or accountant”

• COVID-19 Resources:
  • Coping and Grief discusses how shiva has changed due to the pandemic and features the following articles:
    • “A New Grief: Staying Connected to Help,” which provides a “a list of ways to stay connected with mourning families and provide support” during COVID-19
    • “Post-COVID-19 Funerals, Gatherings and PTSD,” which discusses the development of PTSD from losing a loved one to COVID-19+
    • “Understanding Survivors Guilt: How to Cope and Manage Survivors Guilt when Surviving a Pandemic, Accident [and] Misfortune,” an article with six suggestions to help people cope
**Sibling Support**

- The mission of Sibling Support is “helping you cope with the death of your brother or sister.” They state: “We are a sibling specific service. For siblings, by siblings.”

- **Website features include:**
  - “Letting a Child Know Their Sibling Has Died,” an article that gives advice on how to inform a child that their sibling is dead
  - Advice from children who have lost a sibling and links to personal stories
  - Sibling support booklets and downloadable animations to help children understand the loss
  - Questions and answers about losing a sibling organized by age (under 7, 7-10 years old, 11-16 years old, and 16+)
  - Blog posts with articles about individuals facing the loss of a sibling such as “Milly’s Story” and “Chatting with Julia Samuel: A Grief Counselor”
  - Sibling Comic Strip, drawn by the artist Libra for children who have lost a sibling

- **COVID-19 Resources:**
  - “Understanding Grief During [the] Coronavirus,” an article which explains why it has been more difficult to grieve the loss of a sibling during COVID-19

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**Soaring Spirits International**

- “Soaring Spirits’ mission is to provide programs, resources and a community of support for widowed people.”

- **Website features include:**
  - The “largest collection of blogs written by widowed people”
  - Meeting information for regional social groups, including events focused specifically on the LGBTQ+ widowed community
  - Camp Widow, a program that “provides both practical tools and relevant resources for widowed persons rebuilding their lives in the aftermath of the death of a spouse or partner”
  - List of all upcoming events held by Soaring Spirits
• **COVID-19 Resources:**
  ❖ Articles with information for those who are *widowed by COVID-19* and *widowed during COVID-19*
  ❖ *“Grievers’ Tips for Self-Care Through COVID-19,”* a guide with practical ideas for supporting emotional, physical, and mental health
  ❖ [Virtual support for widowed people](#), including Zoom meetings for those widowed during/by COVID-19 and the Widowed Pen Pal program (a peer support program)
  ❖ [COVID-19 Widowed Resource Program](#), a 24-week online program via Zoom for “those who have been widowed by COVID-19 or due to complications of COVID-19,” featuring “support designed to address some of the specific concerns expressed by our members whose loved ones died in this way”

**South Asian Mental Health Initiative & Network (SAMHIN)**

• The South Asian Mental Health Initiative and Network “strives to meet a wide variety of mental health needs of the South Asian Community in the United States.” These include the over 3.4 million South Asian Americans in the U.S, which includes individuals with ancestry from India, Pakistan, Sri Lanka, Nepal, Bhutan, Bangladesh, and the Maldives.

• **Website features include:**
  ❖ A [free, confidential helpline](#) for those suffering from mental illness or supporting someone who needs help. (This is not a crisis hotline.)
  ❖ A [mental health provider directory](#), which is searchable by location, specialty, language, gender, and insurance provider
  ❖ Programs including [Support Group for Suicide Loss Survivors](#) and [Global Gratitude AA Group (Formerly South Asian Alcoholics Anonymous)](#)
  ❖ [Resources](#) which “illustrate the significance and importance of understanding mental health and wellness,” including articles on a range of topics such as alcoholism, autism, ADHD, LGBTQ+, depression, and smoking cessation
  ❖ Article entitled, “What is Psychotherapy” in [English](#), [Hindi](#), [Tamil](#), [Telugu](#), and [Marathi](#)
  ❖ “[Opening Doors](#),” an LGBTQ+ video series which discuss topics such as “barriers to coming out within South Asian families” and “how to support the South Asian LGBTQ+ community”
Blog with posts such as “Embracing My South Asian Roots,” “Marriage and Family Therapy,” “ADHD - Not Just in Children,” and “On Being a Divorced Indian Woman”

- COVID-19 Resources:
  - Article entitled, “We’re All in This Together,” which describes the author’s experience of losing a family member to COVID-19 abroad and offers her pandemic self-care tips

**Speaking Grief**

- This website is a companion to a documentary entitled *Speaking Grief*, which “explores the transformative experience of losing a family member in a death-and-grief-avoidant society.”

- Website features include:
  - A link to view the *Speaking Grief* documentary
  - Articles and videos on how to understand grief and support those who are grieving
  - *Strength in Numbers* provide short videos describing resources the bereaved have found helpful and why (e.g., grief counseling, support groups and journaling)
  - *Personal stories of grief* and *interviews with professionals* working in the field of grief

- COVID-19 Resources:
  - *Continuing the Conversation* which includes interviews conducted by Lindsey Whissel Fenton, the producer, director and writer of the documentary, such as:
    - *Interview with Megan Devine*, author of *It’s OK that You’re Not OK: Meeting Grief and Loss in a Culture That Doesn’t Understand*, which describes “misconceptions our culture has about grief, provides guidance on how to support someone who is grieving, and discusses the communal grief of the COVID-19 pandemic”
    - “*Recognizing and Responding to Children’s Grief,*” where “experts discuss some of the ways children’s grief can manifest and provide guidance on how to respond and support grieving children”
    - Interviews with Lindsey Whissel Fenton in the *Grief Dreams Podcast Episode 168* (where she discusses “Shotokan karate, how karate relates to grief, the *Speaking Grief* documentary, learning to speak grief, holding space for grief, and grief dreams”) and *She’s So Reel Episode 21* entitled “Breaking Societal Norms About ‘Speaking Grief’”
Spiritual First Aid

- Spiritual First Aid is a “spiritual and emotional care” resource based on “biblical wisdom and evidence-informed psychological insights gained from years of scientific study.”

- COVID-19 Resources:
  - [COVID-19 Church Webinars](https://www.example.com) featuring programs such as “From Grief to Endurance: Spiritual and mental health for the long haul”
  - “[COVID-19 Mental Health Handbook](https://www.example.com)” suggests “ways to cope, move forward, and become more resilient” and discusses topics such as emotional and behavioral changes during COVID-19, how to help others, and social media etiquette
  - Tip sheets such as “[Facing Loss during COVID-19](https://www.example.com),” “[Tips for Survivors of Intimate Partner Violence (IPV)](https://www.example.com),” and “Caring for Vulnerable People during COVID-19”
  - “[Devotional: When Your Whole World Changes – COVID-19 Special Edition](https://www.example.com),” a collection of resources designed “to help people deal with the crisis of the coronavirus pandemic” (available in 31 languages)

Substance Abuse and Mental Health Services (SAMHSA)

- The mission of Substance Abuse and Mental Health Services is to “reduce the impact of substance abuse and mental illness on America's communities.”

- Website features include:
  - “The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish. SAMHSA's National Helpline: 1 (800) 662-HELP (4357). TTY: 1 (800) 487-4889”
  - [Resources for families coping with mental and substance use disorders](https://www.example.com) including guides for “[Helping a Loved One](https://www.example.com)” and “[Starting the Conversation](https://www.example.com)”
  - A [Find Treatment](https://www.example.com) page to locate alcohol, drug or mental health services facilities around the country
• **COVID-19 Resources:**
  - Contact the [Disaster Distress Helpline](https://www.samhsa.gov) by phone or text at 1 (800) 985-5990 to connect with a trained crisis counselor. It is “for anyone experiencing emotional distress related to disasters” such as the coronavirus pandemic, weather emergencies (e.g., tornadoes, severe storms, floods, drought), wildfires, earthquakes, incidents of mass violence or community unrest, and other traumatic events. Help is available in [English](https://www.samhsa.gov) and [Spanish](https://www.samhsa.gov).
  - Guidance and resources to assist individuals, providers, communities and states during COVID-19, including a list of [virtual resources](https://www.samhsa.gov) designed to facilitate recovery.

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**Sudden**

- Sudden is “for people who have been bereaved by a death that happened suddenly or too-soon in someone’s life.”

- **Website features include:**
  - “Advice if Suddenly Bereaved,” a report which discusses common grief reactions and offers advice for those who recently suffered a sudden loss
  - Guidance for supporting [those who have recently become bereaved](https://www.samhsa.gov), including information specifically for [children](https://www.samhsa.gov)
  - Information for supporting bereaved people with [learning disabilities](https://www.samhsa.gov) and [special needs](https://www.samhsa.gov)
  - “Memorializing,” an article which gives advice on how to honor a loved one who has died and provides specific examples on how to make memories last

- **COVID-19 Resources:**
  - “Help When the Worst Happens,” an e-book which describes bereavement in the challenging circumstances of COVID-19 and why it makes it “harder to cope, grieve and move forward,” who is likely to suffer a “challenging bereavement” (e.g., older people who are isolated or those suffering multiple losses), and how to help those who are grieving
  - Webinar entitled “Care During the Shock Period: Best practice early interventions to help people suddenly bereaved”
Teenage Grief Sucks (TGS)

- “Teenage Grief Sucks (TGS) is a teen-run website that's mission is to help start conversations about teenage grief. Run by Natalie Adams, who lost her father when she started high school, TGS shares weekly stories about grief from the perspective of teens.”

- Website features include:
  - **Start Here**, which reminds teenagers that “Things are hard right now, but they won’t always be that way,” “Asking for help is not a sign of weakness,” and “You don’t have to be okay right now”
  - Articles and personal stories about a variety of topics, including “Tips for Sharing Your Grief,” “Calling Out Insensitive Grief Comments,” and “48 Ways to Cope with Teenage Grief”
  - Articles on how to support others who are mourning, including “11 Ways to Support a Grieving Friend” and “How to Cope with a Parent’s Grief”
  - **Notes of Hope** with encouragement from one teen to others
  - Resources for teen grief and teen mental health, such as Active Minds (which supports mental health awareness for young adults,) Break the Hold (which focuses on reducing the risk of suicide through education, advocacy, and strategies for emotional regulation,) GLAAD (which promotes LGBTQ+ acceptance,) and The JED Foundation (which focuses on emotional health and suicide prevention among teens and young adults)

- COVID-19 Resources:
  - Articles about COVID-19 including “A Year of Changes Without Dad” and “How Can Teens Grieve During the Coronavirus?”

Tragedy Assistance Program for Survivors (TAPS)

- The Tragedy Assistance Program for Survivors (TAPS) “provides comfort, care and resources to all those grieving the death of a military loved one.”
• Website features include:
  ❖ Articles such as “8 Ways to Cope After A Suicide Loss,” from a “group of military survivors who lost a loved one to suicide [and] offer some unique suggestions and creative coping skills”
  ❖ List of upcoming events for military survivors sponsored by TAPS
  ❖ TAPS Talks Videos, including:
    ♦ “Empowered Coping,” which “explore[s] communicating in ways that are truthful, authentic, and productive; that strengthen feelings of belonging and connection”
    ♦ “Finding Wholeness After Trauma,” which “offer[s] safe, practical ways for all of us to explore, grow through, and move beyond the trauma that inevitably comes with the loss of those we love”
    ♦ “Managing Different Coping and Grieving Styles Under the Same Roof,” with a discussion on “how to understand and balance different styles in these challenging times”
    ♦ “Living the Lessons of Grief in Uncertain Times,” which “explores whether lessons learned from grief can provide confidence and calm in the middle of this challenging time”
    ♦ “Grieving Styles and Family Dynamics: Communicating with children and teens,” which “discusses different grieving styles, with a focus on children and teens, and many of the dynamics impacted by a death in the family”
    ♦ “Coping with Guilt When You’re Grieving,” with a discussion on “common ways we can be too hard on ourselves after a loss, along with tips about how to be kinder to ourselves”
• COVID-19 Resources:
  ❖ “A Network of Hope, A Link to Help” with links to resources including those for grief and loss
  ❖ A page that provides specialized support to military families affected by COVID-19 such as peer support, virtual video gatherings, care groups, blogs/newsletters, and financial assistance
The Trevor Project

- “The Trevor Project is the world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, & questioning (LGBTQ) young people.”

- **Website features include:**
  - **Crisis support** available 24/7 by contacting the TrevorLifeline at 1 (866) 488-7386, chatting, or texting START to 678-678
  - **TrevorSpace**, which is "an online international peer to peer community for LGBT young people and their friends"
  - The **Trevor Support Center** features “information on preventing suicide and Trevor’s unique resources for LGBTQ youth,” such as links to mental health resources, a handbook for coming out, and material on Trans + Gender identity

- **COVID-19 Resources:**
  - “The **National Survey on LGBTQ Youth Mental Health 2021**,” a report detailing the mental health of LGBTQ youth including the “impacts of the COVID-19 pandemic, mental health care disparities, discrimination, food insecurity, conversion therapy, and suicide — in addition to the benefits of LGBTQ-affirming spaces and respecting the pronouns of transgender and nonbinary youth”

Une Belle Vie

- **Website features include:**
  - Articles such as “Grief Management for Men: Coping with loss,” “Atheism and Grief,” “Facing the Loss Of A Loved One: How To Cope Safely,” and “Dealing with Grief on the Anniversary of a Death”
  - Advice about “Announcing a Death on Facebook,” including what factors to consider when deciding to use social media to announce a death and how to write a suitable post
  - “Using a Facebook Wall as a Memorial: The DO’s and DON’Ts,” a blog post which describes how to manage a Facebook memorial page or create a Facebook memorial group, and advice on maintaining a safe and respectful profile
UCSF Department of Psychiatry and Behavioral Sciences

- “The UCSF Department of Psychiatry and Behavioral Sciences and the Langley Porter Psychiatric Institute are among the nation’s foremost resources in the fields of child, adolescent, adult, and geriatric mental health.”
- **Website features include:**
  - **Anti-Racism Resources** has links for Black, Indigenous, and People of Color (BIPOC) to engage in self-care
- **COVID-19 Resources:**
  - **Resources to Support Your Mental Health During the COVID-19 Outbreak and Other Crises** includes links on seeking help for anxiety, mental health issues and addiction; resources for families, such as how to talk with children about COVID-19; maintaining wellness for older adults and caregivers; and practical resources for low-income groups
  - **Resilience and Emotional Well-Being Video Series,** a “collection of short videos focused on ways we can protect and enhance our own emotional well-being;” for example, **Emotional Well-Being and Coping During Crises** which provides self-care suggestions such as maintaining good sleep and physical activity with links to online stress reduction resources, and **Trauma, Moral Injury, and Grief,** which describes each of these concept and offers guidance on how to cope
  - **Helping Children Cope with COVID-19** offers guidance on how to speak with children about COVID-19 and provides tips for coping suggestions; this is followed by links to resources in Arabic, Mam, and Spanish

UH Intellectual Disability and Health

- The University of Hertfordshire’s Disability and Health site is an “educational resource for medical, nursing, healthcare and social care students and practitioners. It welcomes articles of relevance to the physical and mental health and wellbeing of people with intellectual disabilities throughout the life cycle.” The major purpose of this organization is to educate healthcare professionals about the nature of intellectual disability and the needs of individuals with intellectual disabilities.
Website features include:

❖ A Mental Health section with articles such as “Managing Grief Better: People with Intellectual Disabilities” and “Depression in People With Intellectual Disabilities”

❖ A Family section with articles such as “Parents' Perspectives As Their Child Approaches Adulthood” and “Parents with Intellectual Disabilities”

COVID-19 Resources:

❖ A COVID-19 Information page with links to resources for people with intellectual disabilities, their families and their caregivers, such as “Peter & Friends talk about COVID-19 and having a learning disability” (offered as a webinar and a book) and Learning Disability England’s Coronavirus Hub

Verywell

Verywell mind is “an award-winning resource for reliable, compassionate, and up-to-date information on the mental health topics that matter most to you. Our mission is to help you prioritize your mental health and find balance.”

Website features include:

❖ End-of-life Concerns, including articles on assisted living, hospice care, palliative care, pain and symptom control, the dying process, funeral and memorial planning, and grief and bereavement

❖ “Best Online Grief Support Groups,” an article which describes support groups and forums (online discussion sites), and directs readers on how to find the best option to meet their needs

❖ “Best Online Therapy Programs,” an article which describes what online therapy is and the benefits of it, explains who is a good candidate for online therapy, and provides information about rates for different programs, such as Talkspace, BetterHelp and Doctor on Demand

COVID-19 Resources:

❖ “Understanding Grief in the Age of the COVID-19 Pandemic,” an article which highlights the feelings of guilt and lack of closure that occur after an unexpected death and offers suggestions on ways to cope
• “How Grief Is Different During COVID-19,” an article which explains why grief resulting from the death of a loved one to COVID-19 is more difficult to cope with than grief from other causes and provides grounding exercises to support the bereaved

• “Collective Trauma From COVID-19,” an article which describes collective trauma (reactions to a traumatic event that affect an entire society), how it is caused, and tips for reducing collective trauma

• “The Post Pandemic 'New Normal' May Come with Grief,” an article which highlights that “as the dust settles and we begin to move forward in a new way, grief will become a large part of the mental health burdens people are carrying”

• “Grief vs. Depression: Which is it?,” an article which explains that “Grief and depression share similar symptoms, but each is a distinct experience, and making the distinction is important for several reasons”

• Research-based articles such as “COVID’s Impact on Financial Stress Lingers for Many,” “Managing Pandemic Stress Could Come with a Cost,” and “Grief Surges Among College Students During the Pandemic”

Veterans Crisis Line

• “The Veterans Crisis Line is a free, confidential resource available to any Veteran, even if they are not enrolled in VA health care or registered with the VA. Care does not end when the conversation is over. The Veterans Crisis Line can connect Veterans to their local suicide prevention coordinators (SPC), who follow up to coordinate care.”

• Website features include:
  • The Veterans Crisis Line helps those experiencing a crisis or those supporting a loved one. Contact them by phone at 1 (800) 273-8255 and press 1; via chat, or by texting 838255. Those who are deaf or hard of hearing may text, chat, or follow these directions for TTY users: “Use your preferred relay service or dial 711 then 1 (800) 273-8255.”
  • An Education and Advice page, including “Signs of Crisis,” “Veteran Programs” and “Veteran Suicide”
  • A self-check quiz that provides a free, confidential assessment of your mental health
VITAS Healthcare

- VITAS helps “patients and their families seeking hospice and palliative care in the face of terminal illness.”

- Website features include:
  - Information about Grief and Bereavement, including “What is Grief?,” “How to Cope with Grief,” “Grief and Bereavement for Children,” “Losing a Family Member,” and “There Is No Right or Wrong When it Comes to Grief”
  - A page on ways to support the bereaved including articles such as “What to Say When You Don’t Know What To Say,” “Techniques Used to Assist the Bereaved,” “Friends Don’t Let Friends Grieve Alone,” and “How to Help Someone Whose Grief Reaction Has Become Alarming”

- COVID-19 Resources:
  - Article entitled “Coping with Loss and Grief During the Coronavirus Crisis,” which describes common reactions to grief and how to get help
  - Free phone-in and Zoom video support groups, categorized by type of support including COVID-19 loss as well as Spousal Loss, Parental Loss, Women and Grief, Men and Grief, Parents Grieving Young Children (ages 1-18) and LGBTQ+ and Grief

The W Connection

- The W Connection “was founded with the simple yet challenging goal of widows helping widows rebuild their lives.”

- Website features include:
  - “Educate” page that features webinars about wellness and financial health
  - A personal stories page featuring accounts from widows of all ages
  - “Breaking the Myths of Widowhood,” an article that “identifies the 12 most prevalent myths about widowhood and, more importantly, describes the realities widows encounter”
  - “Challenges and Coping Strategies,” an article that describes the difficulties faced by widows as they adapt to their “new realities” in the aftermath of their loss
**Waves of Grief**

- “Waves of Grief will introduce you to a number of new approaches [to cope with grief] and will encourage you to try them out. These new ways have the potential to put you in charge of your own grieving.”

- **Website features include:**
  - “Insights on Grieving Well: What it helps to know,” an article which debunks popular myths about grief and offers those who are mourning “confidence and reassurance that you can survive this loss even on the worst days”
  - “10 Secrets of Grief” videos share “core ideas about grieving,” developed by Carolyn B. Healy, a long-time therapist and author, such as “You are not going crazy” and “People die, but relationships live on”
  - Frequently Asked Questions which provide guidance on topics such as “Why is This So Hard?” and “When Will This Be Over?”
  - “Nature Does You Some Good as You Grieve, and Science Can Prove It,” a blog post on the benefits of being in nature or even looking at images of nature when it comes to coping with loss

- **COVID-19 Resources:**
  - “Grief Whiplash: From not enough time to say goodbye to way too much time to fill,” a blog post which encourages mourners to take “actions, even small ones, to move through the journey” and describes the successes of those who have done so
  - “The Pandemic Losses: An extra layer of grief,” a blog post which highlights how we get through a loss by handling what needs to be faced each day

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**Wendt Center for Loss and Healing**

- “With nationally recognized expertise, the Wendt Center for Loss and Healing is a premier resource for restoring hope and healthy functioning to adults, teens and children who are coping with grief, loss and trauma in the Greater Washington region.”
• **Website features include:**
  ❖ An **About Grief** page that features
    ◆ Discussion of what it feels like to grieve
    ◆ Specific help for the loss of a spouse or child when the death is due to homicide or suicide
    ◆ Guidance regarding how to help others grieve
  ❖ An **About Trauma** page that features a discussion on domestic violence, sexual assault, and loss of loved one in the military and challenges faced by loved ones due to incarceration
  ❖ Information about [Camp Forget-Me-Not/Camp Erin DC](#), a free bereavement camp for youth who are grieving the death of a significant person in their lives. Click here to [locate a program near you](#).
  ❖ **“Using Rituals to Remember a Loved One’s Life,”** an article which highlights how “rituals serve as our way of maintaining a connection with, or cherishing the memory of, our loved one after they are gone “

• **COVID-19 Resources:**
  ❖ **Coping with COVID posts** including **“Living with Layers of Loss,”** an article which shows how to create “space for what we have witnessed” through “movement,” “mindful moments,” and “connection”
  ❖ **Wendt Center Tip Sheets and Videos** that include:
    ◆ **“Grieving in Uncertain Times”** offers “tips for tending to yourself and those grieving with you”
    ◆ **“Sitting with Grief”** has “tips for supporting loved ones who are grieving,” and examples of helpful and unhelpful statements
    ◆ **“New Existence: Living with COVID-19,”** which answers the question “How do we sustain ourselves when there are so many questions and such a sense of uncertainty?”
    ◆ **“Traversing Trauma in Uncertain Times”** gives “tips for creating and sustaining predictability”
    ◆ Videos such as **“Grief & Post Traumatic Growth with David Kessler and Michelle Palmer, LICSW”** and **“Styles of Grieving – Spectrum of Intuitive and Instrumental Grievers”**
What’s Your Grief?

- The mission of What’s Your Grief is to “promote grief education, exploration, and expression in both practical and creative ways.”

- **Website features include:**
  - Articles, webinars, brochures, and e-courses related to loss and grief in English and Spanish including those who are grieving and those who are supporting a griever
  - Guidance for those who are mourning a recent death, such as “What the Newly Bereaved Should Know”
  - Articles including “Grief Emotions Aren’t Good Or Bad, They Just Are,” “Feeling Nothing During Grief: The experience of emotional numbness,” “When Grief Brings out the Worst: Family fighting after a death,” and “Tell Two Jokes and Call me in the Morning: How humor helped my family grieve”
  - Grief and guilt, including articles such as “Guilt and Grief: Coping with the shoulda, woulda, coulda,” “Guilt and Grief: Making amends,” “Guilt vs Regret in Grief,” and “Understanding Survivor Guilt”
  - “Grief Secrets,” which “we keep tucked away out of shame, embarrassment, or guilt”; sharing them “create[s] space for support and connection”
  - “Grief is a Social Justice Issue” offers links “focusing on black grief and mourning, sharing resources by primarily black people”
  - *What's Your Grief Podcast* which is described as “grief support for those who like to listen”
  - *Grief in Six Words*, which are brief, personal stories to “help you to see that you are not the only one and you are not alone”
  - Blog posts such as “64 Ways To ‘Meet Grieving People Where They’re At’,” which offers suggestions for ways to support a grieving friend or family member
  - A list of WYG’s online courses and webinars on a wide range of topics related to grief, grief support, and coping

- **COVID-19 Resources:**
  - “Grieving a Death During the Coronavirus Pandemic,” a free online course “developed specifically for those coping with a death that occurred during this complex time” to “help you think through how these many different factors may be impacting your grief and your connection with the person you’ve lost”
- “Grief and Loss in the Time of COVID-19,” a booklet with articles such as “8 Reasons Your Grief Feels Worse Right Now,” “Please Stop Minimizing the Death of Older Adults,” and “Some General Coping and Self-Care Reminders”
- “Will We Make Room for Grief in the ‘New Normal’?” an article that highlights the need to “move forward with hope and still be mindful of where we’ve been”

Widowed and Young

- Widowed and Young “offers a peer-to-peer support network for anyone who’s lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation.” They have an active online community of people connecting and offering support.
- **Website features include:**
  - Practical advice for The First Few Weeks, such as “Talking to Children” and “What to Do with Ashes”
  - Guidance for coping with “Life after Death” including “Getting Back out into the Real World” and “Surviving Weddings and Special Events”
  - Personal stories of coping with grief in the Voices of Our Members
  - An article entitled “What to Say to Someone Who’s Been Widowed (and What Not to Say)”
  - “Planning for the Future,” an article highlighting the importance of discussing guardianship of children, digital legacy, and funeral plans
  - WAY Members share how dogs and cats have helped them with their grief
- **COVID-19 Resources:**
  - Article on “How to Cope with COVID-19 as a Widowed Parent”

Willow House

- The Willow House's mission is "to support children, families, schools and communities who are coping with grief and the death of a loved one."
Website features include:

❖ Articles such as “Helping Children Cope with Grief,” “Helping a Grieving Friend,” “Myths and Misconceptions about Grief,” “Grief is Not a Mental Disorder,” and “The Myth of ‘Stages of Grief’”

❖ A list of upcoming virtual events held by Willow House

COVID-19 Resources:

❖ “Living with Grief in Uncertain Times: Help and support for families,” a six-part webinar series, which provides “practical education to parents, caregivers, and families on how to best support themselves while supporting their families in grief”


❖ “The Willow House CARES Grief & COVID Seminar Series,” to “provide a context for understanding how grief manifests in people’s lives and strategies for coping with grief during these difficult times” (Link to video and slides)

❖ Services available during COVID-19 page with resources to help children negotiate the challenges associated with the pandemic, including family activities and a link to “The Golden Sweater,” a book “about a little boy named Kai who learns how to navigate a profound loss in their family”

Winston’s Wish

❖ Winston’s Wish “provides emotional and practical bereavement support to children, young people, and those who care for them.”

❖ Website features include:

❖ Resources based on type of loss including serious illness, suicide, and homicide

❖ Articles such as “How to Tell a Child with Special Educational Needs and Disabilities that Someone Has Died,” “Should Children View the Body of Loved One?,” and “Should Children Attend a Funeral?”

❖ Support for adults who have been bereaved as children

❖ COVID-19 Resources:

❖ “Telling a Child Someone Has Died from Coronavirus,” an article which offers “advice on how to talk and reassure” children
“211 is the most comprehensive source of information about local resources and services in the country.”

There is a [link to the complete site in Spanish](#).

**Website features include:**

- Dial 211 to get help finding food, with housing, utilities, and healthcare expenses, and to locate mental health support

**COVID-19 Resources:**

- [Help During the COVID-19 Pandemic](#) webpage features resources for people struggling to pay bills, who need help getting food, or are suffering from mental health impacts during the pandemic as well as information about the child tax credit and the economic impact payments