

Internet Resources for the Bereaved: How to Provide Support¹

This document had its origins in our work on how to support those who lost a loved in the pandemic. Because mental health resources are extremely limited, we began to explore online resources to help bereaved people to address their grief. We reviewed hundreds of websites and found a rich array of resources to assist those who lost a loved one to COVID-19 or some other cause. Research has shown that one of the most important resources in dealing with the loss of a loved one is receiving support from others. Yet many people are reluctant to reach out to the bereaved because they don't know what to say or do. Therefore, we placed a special emphasis on obtaining articles on how to provide effective support.

In this document on supporting the bereaved, we have included what we believe are the best resources on the internet for providing support to those who have lost a loved one. We strongly recommend that you download this document so that you will be able to refer to it in the future.

Cake



["18 Comforting Messages to Share on Facebook After a Death"](#)

["12 Things to Say If Someone Loses a Loved One to COVID-19"](#)

["18 Best & Worst Things to Say to a Grieving Widow"](#)

["20 Thoughtful Gift Ideas for a Recent Widow\(er\)"](#)

["30+ Sympathy Card Message Ideas for the Loss of a Father"](#)

["40+ Sympathy Message Examples for the Loss of a Child"](#)

["What to Say When Someone Dies: 50+ Messages"](#)

["25 Things You Can Say Instead of 'Sorry for Your Loss'"](#)

¹ The information in this document is from the Internet Resource Guide (www.covidgriefresources.com) developed by Camille B. Wortman, Ph.D., Professor Emeritus, Stony Brook University (camille.wortman@stonybrook.edu) and Jessica Gregory, M.S., Private Consultant, Health and Wellness (jmsgreg1@gmail.com).

["How to Write a Sympathy Letter for Loss of a Mother + Examples"](#)

["How to Support a Grieving Man: Step-By-Step"](#)

["11 Ways to Help a Grieving Child or Teenager"](#)

["12 Ways You Can Support Your Father Through Grief"](#)

["Words of Sympathy for a Tragic Loss: 25+ Message Ideas"](#)

["16 Sympathy Message Ideas for Loss of a Wife"](#)

Empathy

The logo for 'empathy.' is displayed in a black serif font within a light beige rectangular box with a thin black border.

["Tips for Supporting Your Grieving Parent"](#)

["Your Grief and the Insensitivity of Others"](#)

["Bringing Meals to a Bereaved Family"](#)

["What Not to Say to Someone Who is Grieving"](#)

["Supporting a Colleague Who is Grieving"](#)

["Helping Children Through Grief"](#)

["How to Support a Grieving Employee"](#)

["When Your Loved One is Grieving"](#)

Modern Loss

The logo for 'modern loss' is displayed in a stylized, textured font within a black rectangular box. The word 'modern' is on the top line and 'loss' is on the bottom line.

["How To: Tell Friends What You Need"](#)

["How To: Be a Good Listener"](#)

["'Everything Happens for a Reason' Is Not a Thing"](#)

[“How To: Write a Sympathy Note”](#)

[“7 Tips for Speaking with a Bereaved Mother”](#)

[“What To Say \(or Not\) to Someone Who Has Had a Miscarriage”](#)

[“Bring Soup, Not Salad \(And other rules for feeding mourners\)”](#)

[“11 People You Meet in Hell \(Minimizers, vultures, happy morons...\)”](#)

[“The Good Work of Providing Good Food for Solace”](#)

[“Don’t Talk About How ‘It Gets Better’”](#)

[“12 Ways I Needed Support After My Baby Died”](#)

[“6 Ways to Support a Grieving Teen”](#)

Option B



[“Being There: What to Say and Do in the Aftermath of Loss”](#)

[“How to Support Your Loved One with Sheryl Sandberg & Adam Grant”](#)

[“Tips for Parenting After a Family Loss”](#)

[“How to Talk to a Loved One about Hardship — And Why It Matters”](#)

[“How to Support Someone Who’s Lost a Loved One During COVID-19”](#)

VITAS Healthcare



[“What to Say When You Don’t Know What To Say”](#)

[“Techniques Used to Assist the Bereaved”](#)

[“Friends Don't Let Friends Grieve Alone”](#)

["How to Help Someone Whose Grief Reaction Has Become Alarming"](#)

["A Support System is Just a Call Away"](#)

["Experiencing Grief as a Teenager"](#)

["Guidelines for Helping Grieving Children"](#)

["Helping Children Cope with Public Tragedies and Natural Disasters"](#)

["What to Say When A Child Asks About Death"](#)

DISCLAIMER: *The information in this document is provided for educational and informational purposes only. It is not a substitute for professional help. The authors are not representing the information 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 may incur as a result of relying on these websites or the information contained therein.*