

## Grief and Bereavement Online Resources

**Note to our bereaved families: The death of your loved one is a most difficult time in your life. The Internet has a wealth of education and support resources related to grief, bereavement and the many types of loss which people experience. The following links are only a suggested beginning point to connect with those resources. Please know that you remain in our thoughts and our hope is that you find a source to help you through this most difficult time. We hope that you will call us with any concerns; we hope that we can be of some help.**

Most sincerely,  
**Pam McGee**  
 LifeChoice Donor Services  
 860 286 3120 800 874 5215  
[pmcgee@lifechoiceopo.org](mailto:pmcgee@lifechoiceopo.org)

<b>Grief and Bereavement</b>		
<b>Beyond Indigo</b>	Education, resources, message boards, chat rooms and expert advice on all types of loss, including child, parent, sibling, grandparents, friends, homicide and suicide.	<a href="http://www.death-dying.com">www.death-dying.com</a>
<b>Crisis, Grief and Healing</b>	Discussion pages, articles on grief and resource links. Honor pages allow family members and loved ones to write about their loss and the impact it has had on their lives.	<a href="http://www.webhealing.com">www.webhealing.com</a>
<b>Grief Recovery Online for All Bereaved</b>	Peer support through forums and chat rooms related to all types of grief. Memorials and inspirational writings.	www.groww.org
<b>Healing After Loss</b>	Hosted online chat rooms and message boards for those who have lost a spouse, parent, grandparent or child and survivors of suicide.	<a href="http://www.healingafterloss.org">www.healingafterloss.org</a>
<b>National Donor Family Council</b>	Opportunities for donor families to share their stories and find support. Message board, email discussions, pen pals and an online newsletter.	<a href="http://www.kidney.org/recips/donor/share.cfm">www.kidney.org/recips/donor/share.cfm</a>
<b>Healing the Spirit</b>	An online healing place for anyone grieving a loss.	<a href="http://www.healingthespirit.org">www.healingthespirit.org</a>

**Grief and Bereavement  
Online Resources**

<b>Bereaved Parents</b>		
<b>Alive Alone</b>	Support for parents whose only child or all children have died. Newsletter, links, resources and message board.	<a href="http://www.alivealone.org">www.alivealone.org</a>
<b>Baby Steps</b>	A place for adults and children to share stories of the death of a significant child (parents, grandparents, aunts, uncles, siblings). Recommended readings on child loss. Links to resources.	<a href="http://www.babysteps.com">www.babysteps.com</a>
<b>Bereaved Parents of the USA</b>	Information on starting a local chapter for bereaved parents, online newsletter and resource links.	<a href="http://www.bereavedparentsusa.org">www.bereavedparentsusa.org</a>
<b>Compassionate Friends</b>	Education and support for bereaved parents of any age. Link to local chapter website and local chapter meetings.	<a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> or <a href="http://www.geocities.com/tcfalbuquerque">www.geocities.com/tcfalbuquerque</a> for local chapter website
<b>The M.I.S.S. Foundation</b>	Online support through chat rooms and forums, information to join or start a local support group, online newsletter.	<a href="http://www.misschildren.org">www.misschildren.org</a>
<b>Children's Grief</b>		
<b>Children's Grief and Loss Issues</b>	Guidance for adults to help children deal with complicated grief issues such as suicide, homicide and violence.	<a href="http://www.childrensgrief.net">www.childrensgrief.net</a>
<b>Kidsaid</b>	Grief support specifically for children and adolescents. Peer and professional support. Question and answer pages for both adults and children. Artwork, poetry, stories and memorials.	<a href="http://www.kidsaid.com">www.kidsaid.com</a>
<b>Sibling Loss</b>		
<b>Adult Sibling Grief.Com</b>	Message boards, chat rooms, memorials and links to resources for adults who have lost a sibling.	<a href="http://www.adultsiblinggrief.com">www.adultsiblinggrief.com</a>
<b>The Sibling Connection</b>	Education and support for sibling loss at any age. Links to resources. Online newsletter.	<a href="http://www.counselingstlouis.net">www.counselingstlouis.net</a>
<b>Loss of Spouse</b>		
<b>AARP</b>	AARP articles, support and resources for coping with the loss of spouse or partner. Online discussions with others who have experienced this loss.	<a href="http://www.aarp.org/griefandloss/spouse.html">www.aarp.org/griefandloss/spouse.html</a>

**Grief and Bereavement  
Online Resources**

<b>Loss of Spouse, continued</b>		
<b>Widow net</b>	Self-help support for those who have lost a spouse or life partner. Message boards, chat rooms and public forums. Suggested readings and education on topics relevant to loss of spouse.	<a href="http://www.widownet.org">www.widownet.org</a>

<b>Suicide</b>		
<b>American Foundation of Suicide Prevention</b>	Information and education about suicide, links to resources and survivor stories.	<a href="http://www.afsp.org">www.afsp.org</a>
<b>Suicide Awareness Voices of Education</b>	Education about depression, suicide and suicide prevention. Recommended reading list and links to other resources.	<a href="http://www.save.org">www.save.org</a>
<b>The Gift of Keith</b>	Website started by parents whose son died by suicide. Resources and suggested readings. Articles by other survivors of suicide.	<a href="http://www.thegiftofkeith.org">www.thegiftofkeith.org</a>