


Grief Support Referral List

Dealing with a loss is hard, relating that loss to a child with special needs is even harder. Below you'll find a list of resources that might be able to help you and your family to cope with the loss of a loved one. Please know that you're never alone. There are always resources and people who want to listen and help. 

Online support for your children:

- Autism Support Network: <http://www.autismsupportnetwork.com/news/autism-and-eight-tips-discussing-death-family-849332>
- Coping with Grief and Loss: <https://www.iidc.indiana.edu/irca/articles/supporting-individuals-on-the-autism-spectrum-coping-with-grief-and-loss.html>
- Autism Speaks: <https://www.autismspeaks.org/grief-and-bereavement-resources>

Crisis Hotline numbers:

- **Immediate Danger 911**
- **National Suicide Hotlines USA-**
SuicideHotlines.com
Toll free/24 hours a day/7 days a week
1 (800) SUICIDE or 1 (800) 784-2433
1 (800) 273-TALK or 1 (800) 273-8255
1 (800) 888-784-2433
1 (800) Suicida **or** 1 (877) 784-2432 (Spanish)
www.suicidepreventionlifeline.org
1(800) 799-4889 for hearing impaired
- **National Sexual Assault Hotline** 1 (800) 656-HOPE
- **Parents Hotline** 1 (800) 840-6537
- **National Youth Crisis Hotline** 1 (800) 442-HOPE (4673)
- **Veterans Crisis Line (Worldwide)** 1 (800) 273-8255 VeteransCrisisLine.net
- **National Domestic Hotline** 1 (800) 799-SAFE (7233) 24/7/365 days a year

- **HOSPICE-** Hospice programs in nearly every community throughout the United States offers bereavement counseling and support groups. To find the location of a hospice near you, contact the: **National Hospice and Palliative Care Organization** (800) 658-8898
- **For parents enduring the loss of a child:** Compassionate Friends (630) 990-0010 or www.compassionatefriends.org

Additional Resources:

1. **National Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org. National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Excellent resource for grief counseling.
2. **Grief Watch:** 503-284-7426 www.griefwatch.com. Resources for pregnancy loss and support for general loss. Website includes a relative links index, message boards, and related grief topics. Also includes information regarding The Remembering Heart, The Certificate of Life, Tear Soup: A Recipe for Healing After Loss (a book), and personal bereavement cards.
3. **GriefNet:** www.griefnet.org. An internet community of persons dealing with grief, death, and major loss. They have over 30 email support groups and two websites. Here's the group for loss of a parent:
<http://griefnet.org/support/SGform.php?id=loss-of-parent>
4. **Growth House:** www.growthhouse.org. A very informative and helpful website that includes "best of the net" resources on most grief categories, including children's grief. Highly recommended.