


Crisis and Other Resources



There is much to be gained from talking with people who have been through what you are going through.

Your support people will suggest that you attend a support group, but only you can determine when and if it will be for you. Read pamphlets, ask questions, take a support person with you at first, whatever will make it possible to check out the group. You will find local bereavement groups through hospice, cancer support organizations, hospitals, other organizations. Most local newspapers run a list of nearby groups. Survivors of suicide groups are available in some areas. Groups for survivors of violent crime victims are available in some areas.



Crisis Resources

If you experience thoughts of harming yourself or others, seek help immediately from any of these resources:

Call 911


- **Go to your emergency room**
- **Call your local crisis hotline or mental health center**
- **Call 1-800-SUICIDE (1-800-784-2433)**
- **Or 1-800-273-TALK (1-800-273-8255)**
- **Or 1-800-799-4TTY for TTY access**

***Call a friend or family member to help you find a resource**

***Be sure to follow through with the help that is recommended for you.**

One tragedy is enough.

While grieving people may experience brief thoughts of suicide, sometimes in search of relief from the pain of loss, such thoughts often signal the need for greater support and need to be taken seriously.



A Sample of Online Resources

www.compassionatefriends.org Compassionate Friends offers support after the death of a child through local support groups and online support.

<http://www.griefshare.org> to find local seminars and support for those grieving over a death, in U.S., Canada and 10 other countries.

www.griefnet.org offers email support groups, information, memorials, suicide prevention and survivors resources. Originated by a Michigan-based PhD psychologist.

www.goodgriefgroups.com offers workbooks, resources to begin local groups. Testimonials by well-known grief authors, run by a chaplain.

www.thelightbeyond.com provides 20 forums regarding specific kinds of losses. Created by a woman who is not a mental health professional in honor of her deceased mother, a blog is written by a number of writers with their own experience of loss.

www.Journeyofhearts.org Nonprofit site with resources and support for anyone grieving a loss, since 1997, established by an MD.

www.recover-from-grief.com describes their mission as Grief, Loss Recovery, Hope and Health through Creative Grieving, by an ICU nurse who is also a certified grief counselor.

www.deloro.org/article08.htm **The Grieving Person's Bill of Rights**

Find a wealth of additional information at

<http://www.squidoo.com/grief-loss-bereavement#module4895594>



Other Resources

In addition to the books cited in the Topics in Depth page, these may also be helpful:

Barry Baines, *Ethical Wills: Putting Your Values on Paper*, Perseus, 2002.

Cathy Blanford, *Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss*, Perfect, 2008.

Cathy Blanford, *My Baby Big Sister: A Book for Children Born Subsequent to a Pregnancy Loss*, Ananda, 2010.

Joan Didion, *The Year of Magical Thinking*, Knopf, 2007.

Carla Fine, *No Time to Say Goodbye: Surviving the Suicide of a Loved One*, Doubleday, 1997.

Maxine Harris, *The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father*, Penguin, 1995.

Harriet Lerner, *Fear and Other Uninvited Guests: Tackling the Emotions that Keep Us from Optimal Living and Loving*, Harper Collins, 2004.

C.S. Lewis, *A Grief Observed*, Bantam, 1961.

Elizabeth McCracken, *An Exact Replica of a Figment of My Imagination: A Memoir*, Little Brown, 2010.

Kevin Young ed. *The Art of Losing: Poems of Grief and Healing*, Bloomsbury USA, 2010.

