

Grief & Loss Resources

Emergency Support

- [988 Suicide and Crisis Lifeline \(Dial 988\)](#)

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- [Crisis Text Line \(Text 741741\)](#)

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

- [SAMHSA's National Helpline](#)

Free, confidential, 24/7, 365-day service providing treatment referral and information for mental health or substance use disorders, including grief-related family support.

Support groups/ educational programs

- [The Dinner Party](#)

The Dinner Party is building a community of 21–45-year-olds who have each experienced the loss of a parent, partner, child, sibling, other close family member, or close friend.

*[Workplace Resilience program](#) that offers signature training for teams, panels, workshops, and more. Submit interest form to learn more about cost, etc.

- [HOPE Connection Foundation](#)

The mission of HOPE Connection is to help people whose lives have been touched by the death of a loved one – by providing individual and group support, educational programs and information that helps alleviate the pain of grief and promote healing.

*\$75 Orientation fee, \$40/session

- [Grief Haven](#)

Grief Haven (aka The Erika Whitmore Godwin Foundation) is a 501(c)(3) nonprofit foundation dedicated to providing grief support and education to those who have loved

and lost, those who want to know how to support someone who is grieving, and professionals who work within the arena of death and dying.

- [OurHouse Grief Support](#)

Counseling and support groups for people in Los Angeles County (ages ~4½ to adults), for loss of spouse, family member, parent, or someone close.

*Provides on-site grief support for a cost [On-Site Grief Responses – OUR HOUSE Grief Support Center](#)

- [We Spark](#)

We SPARK provides free programs and services for cancer patients, survivors and their loved ones. We SPARK is a registered 501(c)(3) non-profit. Contact your tax advisor for donation tax deductibility. Programas en Español

- [New Hope Grief Support Community](#)

Mission is to help bereaved children and families find hope and healing through connection and support. We understand that after someone dies it can bring feelings of isolation and loneliness and most people don't know where to turn. New Hope offers community-based programs led by people who genuinely care and have experienced a death themselves.

- [Actively Moving Forward](#)

Actively Moving Forward® (AMF), a HealGrief® program, is a national network created in response to the needs of grieving young adults. For over a decade, we have connected, supported, and empowered grieving young adults to “actively move forward” in memory of their person.

- [Loved Ones Victim Services \(LOVS\)](#)

LOVS is a non-profit organization that provides much needed counseling services to victims of crime and their family members. We provide services such as individual, group and family counseling, art therapy, client outings, grief coaching, and other events to support victims of crime.

- [Alliance of Hope for Suicide Loss Survivors](#)

The Alliance of Hope for Suicide Loss Survivors was created by survivors for survivors. As a 501(c)3 charitable nonprofit, we provide online healing support and other services for people who are coping with devastating loss to suicide. Our online forum operates

like a 24/7 support group. Our website contains support resources and information on the survivor experience.

- [Grief Recovery After a Substance Passing \(GRASP\)](#)

For those who have lost someone to substance use or addiction.

Contact Person: Alexandra Stafford and Jasmine Melendez

Email Address: LosAngelesGRASP@gmail.com

Primary Phone Number: (225) 226-0391

- [Corazon Counseling](#)

- Tecito Con Grief

Join [Emilia Ortega-Jara](#) for this free monthly virtual support group. Tecito Con Grief is a safer space for the grieving corazon.

Held on Zoom every last Wednesday of the month from 7pm- 8:30pm PST.

- Available to do grief groups with staff at a cost of \$150 for a 1 hour session.

Books

- [Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief](#) By: Norine Dresser and Fredda Wasserman
- [Living with Loss, Healing with Hope](#) By: Rabbi Earl A. Grollman
- [Healing After Loss: Daily Meditations for Working Through Grief](#) By: Martha Whitmore Hickman
- [About Grief: Insights, Setbacks, Grace Notes, Taboos](#) By: Ron Marasco and Brian Shuff
- [It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand](#) By: Megan Devine
- [Healing Your Grieving Heart: 100 Practical Ideas](#) By: Alan D. Wolfelt
- [Making Loss Matter: Creating Meaning in Difficult Times](#) By: Rabbi David Wolpe
- [Transforming Loss: A Documentary Director](#): Judith Burdick
- [Grief Day by Day: Simple Practices and Daily Guidance for Living with Loss](#) By: Jan Warner
- [Finding Meaning: The Sixth Stage of Grief](#) By: David Kessler

- [A to Z Healing Toolbox: A Practical Guide for Navigating Grief and Trauma with Intention](#) By: Susan Hannifin-MacNab
- [Grief is a Journey: Finding Your Path Through Loss](#) By: Kenneth J. Doka
- [More Beautiful Than Before: How Suffering Transforms Us](#) By: Steve Leder
- [Tear Soup](#) By: Pat Schwiebert and Chuck De Klyen
- [Grieving: A Beginners Guide](#) By: Jerusha Hull McCormack
- [The Beauty of What Remains: How Our Greatest Fear Becomes Our Greatest Gift](#) By: Steve Leder

Podcasts

- [Grief Out Loud](#)
- [“It’s OK That You’re Not OK.”](#)
- [Terrible, Thanks for Asking](#)
- [Grief is a Sneaky Bitch](#)
- [Here After with Megan Devine](#)
- [Duelo Respetado](#)
- [Cuando el Duelo Pregunta](#)

Other Resources Pages

- [What’s Your Grief](#)
- [Center for Loss](#)
- [Compassionate Friends - National Org.](#)
- [Grief, Loss, and Recovery](#)
- [GriefNet.org](#)
- [Grief Recovery ~ The Action Program for Moving Beyond Loss.](#)