

## Grief and Crisis Resources

**Pennsylvania Hospice and Palliative Care Network Bereavement Locator (PHPCN):**

[https://www.pahospice.org/Public/Bereavement\\_Locator/Public/Bereavement\\_Locator.aspx?hkey=256dfb60-b6ac-4c36-bab7-44600e63fcc9](https://www.pahospice.org/Public/Bereavement_Locator/Public/Bereavement_Locator.aspx?hkey=256dfb60-b6ac-4c36-bab7-44600e63fcc9)

**Bereavement support outside of Pennsylvania:** Visit <https://www.nhpco.org/find-a-care-provider/>  
Email [phpcn@pahospice.org](mailto:phpcn@pahospice.org) or call the PHPCN office at 717-533-4002 or Toll Free- 1-866-55-Hospice.

**Penn Medicine Hospice Bereavement: (610) 617-2400**

<https://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/penn-medicine-at-home/bereavement-services>

**Eluna** supporting children and families experiencing grief and loss. <https://elunanetwork.org/about/>  
Many resources including recommended books, websites, and local support around the country.

**AfterTalk** online grief resources (**extensive list of grief resources-including those for children and by nature of loss**, space for sharing memories with loved ones, a blog, helpful articles, Q&A with grief expert, Dr. Robert Niemeyer, and **a private platform to write to deceased loved ones.**)

[www.aftertalk.com](http://www.aftertalk.com)

**Grief.com** grief website with resources and free online Facebook group by **David Kessler, international grief expert.** <https://grief.com/> [www.Facebook.com/groups/DavidKessler](http://www.Facebook.com/groups/DavidKessler) <https://davidkessler.org/>

**Compassionate Friends:** loss of a child (at any age) [www.compassionatefriends.org](http://www.compassionatefriends.org)

**Actively Moving Forward.** For young adults 18-30 grieving a death loss. Engage with online groups, chats, an app, webinars and other helpful resources. <https://healgrief.org/actively-moving-forward/>

**Hope for Widows** is a national support system for, and developed by, widowed women. We help connect new widows with other widows to offer peer-to-peer support and other resources. By pairing new widows with women who have been where they are now, we help make connections that begin the healing process. <http://hopeforwidows.org/>

**Men's Bereavement Network**

<https://nationalwidowers.org/>

**What's Your Grief?** Supportive online community that aims to provide the public with: education that reaches beyond generalization, practical and specific suggestions, modes of self-exploration and self-expression that suit all types of thinkers and doers, ways to honor and remember deceased loved ones.

**Articles specific to grief and funerals during periods of social distancing.** <https://whatsyourgrief.com/>

**Grief in Common:** online community designed to connect those who are grieving based on background and similar experiences. <https://www.griefincommon.com/>

**LGBT National Help Center.** Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer support and resources, including for youth and seniors. <https://www.glbthotline.org/>

**Free grief yoga:** Paul Denniston created Grief Yoga and has taught this practice to over 5000 therapists, counselors and health care professionals around the world and teaches workshops around the US. His DVD's and online courses focus on using grief as fuel for healing through movement and yoga. Classes through website and Facebook. <https://griefyoga.com/>

### **Crisis and Support Resources**

**National Suicide Prevention Lifeline** 1–800–273-TALK (8255) The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones. a 24-hour toll-free phone line for people in suicidal crisis or **emotional distress**. Youth, LGBTQ resources. An online chat option is available at <http://www.suicidepreventionlifeline.org>

**24/7 Emotional/Crisis Support Helpline, Online Chat, and Crisis Text Line** <http://www.crisistextline.org/>  
Crisis Text Line provides free emotional support and information in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day. Text “CTL” or “LISTEN” to 741-741.

**YouthLine** - teen crisis hotline (877) 968-8491 24/7, or Text TEEN2TEEN to 839863 (4pm to 10pm). Peer support.

**The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. 24/7 phone, text and chat support, resources. <https://www.thetrevorproject.org/>

**Disaster Distress Hotline and Textline (SAMHSA) Substance Abuse and Mental Health Services Admin.** 1-800-985-5990 or text TalkWithUs to 66746 for crisis counselor.

**National Domestic Violence Hotline** (800) 799-7233