

## GRIEF RESOURCES

Local, Community and online

**Sacramento Bereavement Network** phone 916-557-5882

Website: [www.griefhelpsacramento.com](http://www.griefhelpsacramento.com)

### **Sacramento County Chaplain:**

24-Hour Confidential Helpline (916) 857-1801

Chaplains are trained in the aftermath of grief and offer many resources for those who are grieving, as well as other community resources.

What To Do When Someone Dies Checklist:

<http://everloved.com/articles/end-of-life-affairs/what-to-do-when-someone-dies-checklist>

### **Faith-Based General Support Groups**

Grief Share: Often time held in churches for more information go to:

(<https://www.griefshare.org>)

### **General Support Groups Websites:**

Refugeingrief.com: Online Resource for Grief support <https://refugeingrief.com/>

Center for Loss and Renewal <https://www.lossandrenewal.com/>

Grief & Healing Tips <https://webhealing.com>

### **Grief Resources (loss of a spouse)**

Widowed Persons Foundation , (916) 972-9722, 2628 El Camino Ave Suite D-18

Sacramento, CA , <https://sacwidowed.org/>

Soaring Spirits International: <https://soaringspirits.org/>

### **Grief Resources (Loss of a Child)**

Bereaved Parents of the USA <https://bereavedparentsusa.org/>

Compassionate Friends <https://www.compassionatefriends.org/>

First Candle (SIDS) <https://firstcandle.org/>

National Center for Grieving Children and Families <https://www.dougy.org/>

Parents of Murdered Children <https://www.pomc.org/>

Shiva Foundation (<http://www.goodgrief.org/>)

### **Travel Resources**

Almost every airline offers some type of Bereavement Flights and/or Service, such as having a loved one located somewhere else returned home to you. Inquire with individual airlines.

### **Veteran Resources**

Burial Benefits and Services for Veterans:

[https://www.cem.va.gov/burial\\_benefits/](https://www.cem.va.gov/burial_benefits/)

Department of Veterans Affairs, Survivor Benefits Information:

[www.vba.va.gov/survivors/index.htm](http://www.vba.va.gov/survivors/index.htm)

**Grief due to Suicide loss:**

24-Hour National Suicide Prevention Lifeline (800) 273-TALK (8255)

Friends for Survival <https://friendsforsurvival.org/>

SAVE: Suicide Awareness Voices of Education <https://save.org/what-we-do/grief-support/>

**Books:**

*Its Okay that you're Not Okay: Meeting Grief and Loss in a culture that doesn't Understand* by Megan Devine

*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Mary-Frances O'Connor, PHD

*I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One (A Compassionate Grief Recovery Book)* by Brook Noel, Pamela D Blair PhD

*Heartbroken: Healing from the Loss of a Spouse (Good Grief)* by Gary Roe

*Finding Meaning: The Sixth Stage of Grief* by David Kessler