

Pet Grief Support

You're not alone.



The bond with our pets is real, and so is the pain of losing them. Whether your loss was recent or years ago, your grief is valid and you deserve support.

Below are trusted resources to help you navigate pet loss, connect with others who understand, and find comfort along the way.



OUTSIDE RESOURCES & SUPPORT

You don't have to grieve alone. These organizations and communities offer pet-loss support groups, education, and resources to help you heal at your own pace.



Lap of Love Pet Loss Support Groups

Professionally facilitated virtual support groups, individual grief support, anticipatory grief support, and more.

lapoflove.com 



Association for Pet Loss and Bereavement (APLB)

Online chat rooms, video support groups, grief resources, and information for pet lovers in mourning.

aplb.org 



Michigan State University Pet Loss Support Group

Virtual support group through MSU's Veterinary Medical Center. Connect with others who understand.

cvm.msu.edu 



Argus Institute Human-Animal Bond & Pet Loss Support

Resources for end-of-life decisions, grief support, and strengthening the human-animal bond.

vetmedbiosci.colostate.edu 



Rainbow Bridge Pet Loss Community

Pet loss forums, grief support chat rooms, memorials, and a weekly candle lighting ceremony.

rainbowsbridge.com 



Rainbow Bridge Chat Room

Live, moderated chat room for pet parents looking for real-time support and connection.

rainbowsbridge.com/chat 



Best Friends Animal Society – Pet Loss Resources

Grief education, articles, videos, journaling resources, and community support.

bestfriends.org 



Cornell University Pet Loss Resources

A comprehensive directory of pet loss resources, support groups, and educational materials.

vet.cornell.edu 



A note from Brok'n Open

These resources are provided for informational and support purposes and are not affiliated with or endorsed by Brok'n Open unless otherwise stated. Availability, fees, meeting times, and services may change. Please visit each organization's website for current information.



IT'S OKAY TO NOT BE OKAY. HEALING TAKES TIME.

You are seen. You are loved. You are not alone.

