

Community Resources

- Hospice: <https://www.communityhospice.com/>
- Lutheran Social Services: <https://www.lsfnet.org/>
- Local church: <https://pneumalife.church/>
- Local churches in Jacksonville:
<http://www.churches-in.com/florida/Jacksonville/>
- Further counseling resources: Goodtherapy.org
- Further counseling resources: Psychologytoday.com
- Crime Stoppers at (866) 845-TIPS (8477)
- Project Cold Case: <https://www.projectcoldcase.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/>
- JSO victim's advocates- 904-630-1764
- Jaxsheriff.org
- Department of Children and Families: 1-800-962-2873
- State Attorney's Office: 904-255-2500
- Rape Hotline: 904-721-7273
- Hubbard House: 904-354-3114 or 1-800-500-1119
- Women's Center of Jacksonville: 904-722-3000
- Rethreaded: <https://www.rethreaded.com/>
- Compassionate Friends, Bereaved Help for Families of Deceased Children: 904-308-7481
- MADD (Mothers Against Drunk Driving): 904-388-2455
- MAD DADS: 904-718-1649
- Survivors of Suicide (Hotline): 904-868-5156
- World Relief (Helps Victims of Human Trafficking): 904-858-9625
- Kids Hope Alliance: <http://kidshopealliance.org/>
- United Way: 211
- Family Foundations: <https://familyfoundations.org/>

Grief Tips

- Give yourself grace and kindness.
- Take it one day at a time.
- Find a counselor or support group that meets your needs.
- If you are mourning for a recent loss make sure to make time for feeling the emotions that arise, whether they are anger, sadness, or pain. There is no need to judge these emotions as good or bad and know that it is Ok to feel these and they

will not last forever as all things come and go. You may even create a little ritual where you spend time with the picture or object connected to the person who has passed.

- **Friends sometimes get uncomfortable around grief and if they try and make you feel better in the moment, thank them for this, and let them know it is normal and natural to feel how you feel.**
- **Make sure to also take care of yourself during this time, go out on a walk, make sure to eat healthy.**
- **Try and open your eyes to the delights around you. It could be a smile on a child's face or your own. Smelling a wonderful flower or maybe tasting your own favorite food. Even in the midst of grief we can be open to the wonders of life.**
- **Know your limits and allow yourself to take a break from feeling when it's becoming overwhelming, but make sure to let your grief know that you will come back. Make a time to revisit it otherwise it will occupy you all day.**
- **Embrace moments to allow yourself to think of your loved one even if it hurts.**