

Internet Resources

INTRODUCTION

The Delaware Grief Awareness Consortium provides this updated directory of resources for use by all Delawareans who are experiencing loss and grief as well as by their family members, friends and counselors. Our hope is that this directory will lead you to resources available in your local community that will help you understand your thoughts and processes common in grieving the loss of a loved one and that will provide you an opportunity to share your feelings with others who understand and can provide support.

In this edition, we have divided the directory into distinct groups of services so that you may access them easily and quickly.

Crisis and Mental Health Services and **Police and Victim Services** are designed to address your immediate and acute short-term needs for information and support. The primary focus of the agencies listed is to provide for your safety and immediate well-being during and after crisis. Some of these services consist of phone support only, while others may provide face-to-face support, though, typically for a short period of time.

Grief Support Groups and Services are listed separately by county. These include group programs that may be conducted over weeks or on an ongoing basis. Some organizations provide one-on-one or family support. It is important to call or email the organization providing the support service to confirm the location and time of support group programs. Group support services are designed to help those who are grieving a loss by working with you through this difficult time. These services often connect you with others who are going through similar situations and experiences in a support group setting. You may also receive written materials and referrals to other organizations, such as those listed in the **Service Agencies** section. Support services are designed to offer guidance to you as you negotiate the normal, but often difficult and painful path through your grief.

Over the last couple of years, we have expanded our listing of **Books for Children and Adults** as well as **Internet Resources**. Many of these library listings are available locally. We would like to acknowledge the wonderful support of the Christiana Care Health System librarians in adding many new books that are available to the public on loan at their three libraries.

When significant sources of stress occur simultaneously, complicating your grief, or the loss has a significant and enduring impact on your life that makes it difficult to function at work, school, or home, you may need to find help from a mental health nurse practitioner, counselor, therapist, psychologist or psychiatrist. Treatment will be individualized to your needs and may include individual, family or group therapy.

Disclaimer

The listings in this directory are meant to be as accurate, up-to-date and complete as possible. The Delaware Grief Awareness Consortium does not intend for this to be a recommendation of specific services for specific individuals or families. There is no rating system and we do not have the capacity to evaluate each program or agency. We solely strive to bring as much information to you as possible with regard to the services and resources available for those who are grieving. You are welcome to print this directory for personal use or for use by your clients, but this information cannot be sold. The Delaware Grief Awareness Consortium reference should be retained. Please send any changes or additions to www.degac.org.

GENERAL GRIEF

ADEC Association for Death Education and Counseling

An international interdisciplinary organization committed to furthering the understanding of grief and bereavement.

<http://www.adec.org>

Center for Loss & Life Transition

Bookstore, newsletter, articles; Director is Dr. Alan Wolfelt, an internationally known grief educator, author and grief counselor

<http://www.centerforloss.com>

Centering Corporation

Education & resources for the bereaved-many booklets on grief available, including *Grief Digest*, a quarterly magazine containing articles from many well-known grief experts

<http://www.centering.org>

Counseling for Loss and Life Changes

<http://www.counselingforloss.com>

The Dougy Center

One of the first grief centers in the country. They have trained many other centers, including, locally, Supporting Kidds.

<http://www.dougy.org>

Good Grief Resources

<http://www.goodgrief.org/links.html>

Grief Healing

Web site of Marty Tousley. Marty is a psychiatric nurse and certified bereavement counselor who has written several articles and booklets on loss and grief. Marty welcomes e-mail: tousleym@aol.com

<http://www.griefhealing.com>

Grief Watch

Resources for bereaved families & professional caregivers

<http://www.griefwatch.com>

Hospice Web

<http://www.hospicefoundation.org/griefandloss>

Journey of Hearts

<http://www.journeyofhearts.org>

Open To Hope

A YouTube site devoted exclusively to grief and loss.

<http://www.youtube.com/user/opentohope>

Willowgreen

Grief Tips by Jim Miller

http://www.willowgreen.com/advice/a_grief.shtml

CHILDREN'S GRIEF

Delaware Department of Education

http://www.doe.k12.de.us/infosuites/staff/cmh/fam_psyched/page1.shtml

- A Fact Sheet On Grieving Children in Foster Care
- The Effects of Grief and Loss On Children in Foster Care
- Helping Children Deal with Fear and Death (video)
- Helping Your Child Through a Death in the Family (video)

National Alliance for Grieving Children

For grief information and locating a bereavement center in your area

<http://www.nationalallianceforgrievingchildren.org>

National Center for Child Traumatic Stress (NCTSN)

Resources regarding children needing help with trauma, anxiety, post-traumatic stress disorder, and traumatic grief

<http://www.nctsn.org/>

Supporting Grieving Children and Families

This site is provided by the Death Education Task Force of the Delaware End-of-Life Coalition. It contains reviews, CD-ROMS, web sites, support groups and more

<http://www.udel.edu/DSP/SGCF>

Supporting Kidds

For grief information and local programming

<http://www.supportingkidds.org>

DEATH BY MURDER/VIOLENCE

National Organization of Parents of Murdered Children

<http://www.pomc.org>

GRIEVING GRANDPARENTS

AGAST Alliance of Grandparents,

A Support in Tragedy, International Bereavement packet, many fact sheets and articles, newsletter, discussion and support forums

<http://www.agast.org>

FOR MILITARY FAMILIES

TAPS: Tragedy Assistance Programs for Survivors

<http://www.taps.org>

STILLBIRTH, MISCARRIAGE, INFANT DEATH, INFERTILITY

American Pregnancy Association

Stillbirth: Surviving Emotionally

<http://www.americanpregnancy.org>

Baby Loss

This web site offers medical information as well as emotional support.

www.babyloss.com

Bereaved Parents of the USA

<http://www.bereavedparentsusa.org>

Crisis, Grief & Healing

Information focused on differences in how men and women grieve. Articles and a discussion group.

<http://www.webhealing.com>

Compassionate Friends

<http://www.compassionatefriends.org>

First Candle/SIDS Alliance

Nonprofit health organization working to increase public participation and support in the fight against infant mortality; 24 hour bilingual crisis counselors available 1-800-221- 7437; booklet, Surviving the Death of a Baby

<http://www.sidsalliance.org>

Helping After Neonatal Death

<http://www.handonline.org>

Internet Resources

Honored Babies

Web site with several support groups, including one for Grandmothers

<http://www.honoredbabies.org>

Hygeia Foundation

<http://www.drberman.org/hygeiafoundation>

International Stillbirth Alliance

A coalition working to promote stillbirth research, education and awareness

<http://www.stillbirthalliance.org>

Miscarriage Support Auckland Inc.

<http://miscarriagesupport.org.nz>

M.I.S.S. Foundation

Emotional support, chat rooms, forums, phone line and email to facilitate communication

www.missfoundation.org

National Share

This web site is intended for women and teen parents. The site is appropriate for miscarriage, stillbirth, neonatal death and ectopic pregnancy.

<http://www.nationalshare.org/>

Pregnancy Loss Info

This web site is intended for women, their male partners, surviving siblings, grandparents and health professionals.

<http://pregnancyloss.info/>

RESOLVE

<http://www.resolve.org>

STIR-UP Queen

<http://infertilityblog.blogspot.com>

SUICIDE

American Foundation for Suicide Prevention

<http://www.afsp.org>

Survivors of Suicide

<http://www.survivorsofsuicide.com/>

WIDOW'S GRIEF

Widow Net

<http://www.widownet.org>

Soaring Spirits

<http://sslf.org>

DEATH OF A PET

Association of Pet Loss and Bereavement

<http://www.aplb.org>

Animal Chaplains

<http://www.goodgriefpetloss.com/chaplaincy.html>

Death of a Pet

Suggests memorials and memorial rituals to help with grief over loss of a companion animal

www.petloss.com