

GRIEF STUDY RESOURCES



Our House Grief Support Center:

<https://www.ourhouse-grief.org/>

The OUR HOUSE mission is to provide the community with grief support services, education, resources, and hope.

21860 Burbank Blvd., North Building, Ste. 195, Woodland Hills, CA 91367
1.888.417.1444

Grief Resource Network:

<https://griefresourcenetwork.com/crisis-center/hotlines/>

The Grief Resource Network is a multi-resource platform that provides resources for emotional/suicide support, abuse and addiction resources. The webpage provides an immediate assistance button in red.

828-726-9554

NATIONAL HELPLINE:

[HTTPS://WWW.SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE](https://www.samhsa.gov/find-help/national-helpline)
SAMHSA'S NATIONAL HELPLINE IS A FREE, CONFIDENTIAL, 24/7, 365-DAY-A-YEAR TREATMENT REFERRAL AND INFORMATION SERVICE (IN ENGLISH AND SPANISH) FOR INDIVIDUALS AND FAMILIES FACING MENTAL AND/OR SUBSTANCE USE DISORDERS.
1-800-662-4357



Debra.org:

<http://www.debra.org/bereavement>

Debra.org helps grieving parents, grandparents, siblings, children, spouses, and friends work through the grieving process in their own unique way. The webpage contains multiple resources for the grieving process of each individual.

212-868-1573

staff@debra.org

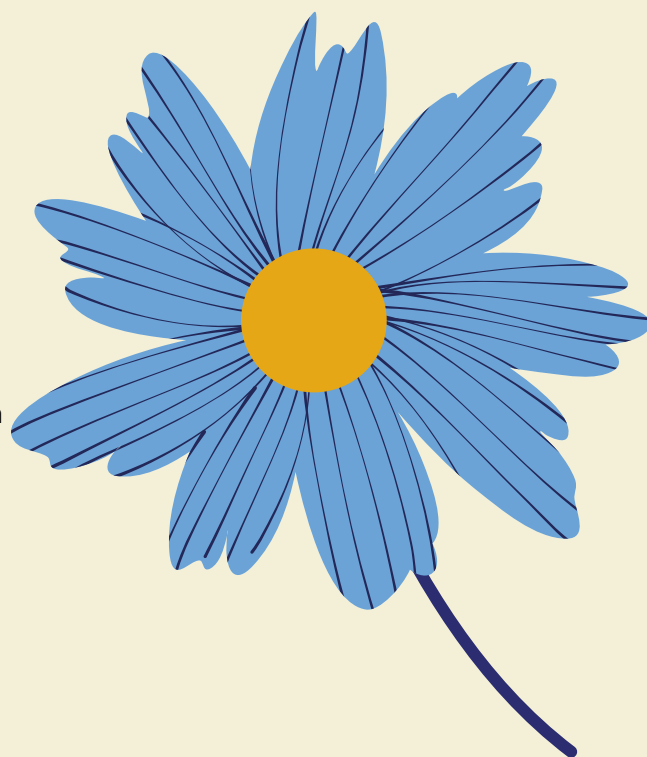


Suicide Prevention:

<https://suicidepreventionlifeline.org>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones

1-800-273-8255



UCSF National Services:

<https://www.ucsfhealth.org/education/bereavement-resources-and-services>

UCSF provides multiple resources, services and reading material through their online platform. The platform provides national and local resources with phone numbers and website information.

VITAS Healthcare:

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/>

This webpage provides articles on bereavement and coping with loss from one of the nation's leading hospice care groups. The site is not exclusive to the bereavement of a loved one but provides resources for all forms of grief.

1-844-872-8180

Grief.com:

<https://grief.com/resources/>

This website provides a variety of resources including, webinars, reading materials, support groups, information on grief and the grieving process, and many others. The webpage is laid out in easy to view and use tiles.

