

Grief Resources

This is an extremely unprecedented and uncertain time for everyone. It is becoming increasingly difficult to cope during these times. We must not forget to continue our grieving process amidst this pandemic. Below are some resources (local and online) for those that are currently grieving and are looking for additional education and coping skills. Although you should not ignore your loss or expect to be "fixed", there are things you can do to remember your loved one and learn how to cope with your grief.

Coping

- Journaling

- Write about your loved one or write a letter to your loved one

- Traditions/Rituals/Cultural Beliefs

- Exercise/Eating healthy

- Professional help

- Light a candle

- Go on a walk/take a bike ride

- Listen to music/dance/sing

- Sit in nature

- Stretch/yoga/meditate

- Read poetry or a new book

- Seeking friend/family support

- Any healthy coping strategies you have developed over time should be put to use now. Wherever you normally find strength, use that resource now.

The most important part about this new normal is to remember to not push difficult and painful feelings away, but to face them and begin to accept this loss.

No matter how you are feeling, it is "normal". This is your own process.

Please reach out to a supportive adult if you are needing assistance. You are not alone.

Signs You Might Be Experiencing Grief

The experience of grieving is not so simple to explain. Everyone's experience is different. We can experience grief over a number of experiences - loss of a job, loss of health, loss of financial stability, loss of relationship, the death of a pet, the death of a loved one, and more. Depending on the level of importance or type of relationship we had with a person, the loss could affect us just a little or a lot. You might be deeply affected by the loss if you find yourself experiencing any or all of the following with the loss of a loved one or important circumstance:

- One or more of the "5 stages of grief" - Denial, Anger, Bargaining, Depression, Acceptance
- Loss of motivation/interest
- Blame/shame
- Feeling like life isn't worth living/not wanting to live without your loved one
- Traumatized by your loss/circumstances of the loss
- Mood swings
- Anxiety
- Losing focus/concentration
- Feeling numb
- Other personal changes/difficulties

Please reach out to someone supportive or a professional if you are struggling with your loss.

Hotline/Crisis Numbers

24-hr Crisis Line: 602-222-9444

24-hr Suicide Prevention Lifeline: 800-273-8255

24-hr Teen Lifeline: 800-273-TALK or 602-248-8336

ASAP (Adolescent Substance Abuse Program): 602-434-0249

EMPACT: 866-205-5229

Find Help Phoenix: [Find Help Phoenix](#)

Mercy Maricopa 24-hrs. Hotline (AHCCCS only): 800-631-1314

Pathways Substance Abuse Program: (480) 921-4050

State Treatment Hotline: 800-662-4357

Trevor Project 24 hour hotline (LGBT): 866-488-7386

Community Resources

Support Groups:

Most groups are on hold right now, but you can join when government regulations subside.

Hospice of the Valley

(602) 530-6970

<https://www.hov.org/our-care/grief-support/grief-support-groups/>

Grief Share

(800) 395-5755

www.griefshare.org/findagroup/

New Song Center for Grieving Children

(480) 951-8985

http://www.hov.org/new_song_center.aspx

Grief in Common - Online Support

<https://www.griefincommon.com/>

Individual Counseling:

Many counselors are offering support over the phone, video communications, or through chatting/text messaging.

BetterHelp E-Counseling

contact@betterhelp.com

<https://www.betterhelp.com/>

Psychology Today

<https://www.psychologytoday.com/us/therapists/grief>

Total Life Counseling

690 East Warner Road Suite 115, Gilbert, AZ

(480) 444-2434

Info@TotalLifeAZ.com

<https://www.totallifecounseling.net/contact.html>

Online Resources:

<https://www.opentohope.com/>

<https://www.dougy.org/grief-resources/help-for-teens/>

<https://teenlineonline.org/youth-yellow-pages/death-dying-illness-and-grief-support/>

<https://childrengrieve.org/find-support/9-find-support/8-programs-in-arizona>

https://missfoundation.org/wp-content/mediafiles/2019/05/MISS_Help_Grieving_Children_Trifold.pdf

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

<https://griefcounselor.org/resources/helpful-websites/>

<https://www.recover-from-grief.com/>

<https://thegrieftoolbox.com/>

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

<https://www.cusd80.com/Page/90989>

Meditations:

<https://www.innerhealthstudio.com/dealing-with-grief.html>

<https://mindfulnessandgrief.com/meditation-for-grief/>