GLOBAL GRIEF NETWORK | EDUCATION CENTER

Resource Library

Crisis lines, bereavement organizations, and support for specific losses | Last verified Oct 2026



This library lists organizations that offer support after a death or other loss. Every listing was checked by visiting the organization's website in October 2026. Services, hours, and numbers can change, so please confirm details on the organization's own website before you rely on them. A listing is not an endorsement, and GGN is not affiliated with these organizations.

Help is available, any time

If you or someone else is in immediate danger, call 911 (or your local emergency number).

988 Suicide & Crisis Lifeline: call or text **988**, or chat at 988lifeline.org (United States). Free, confidential, 24 hours a day.

Outside the United States, contact your local emergency number and crisis line.

Outside the United States

The 988 Lifeline serves the United States. Elsewhere, call your local emergency number, or search Find A Helpline (findahelpline.com) for free, confidential lines by country. Some international services are listed at the end of this library.

Crisis and Immediate Help

Organization	What it offers	Support	Contact and website
988 Suicide & Crisis Lifeline	Free, confidential support for anyone in suicidal crisis or emotional distress, available around the clock in the United States.	Phone, Text, Chat	**Call or text 988; chat at 988lifeline.org** 988lifeline.org
Crisis Text Line	Text-based support from trained volunteer crisis counselors, any time of day or night.	Text	**Text HOME to 741741** www.crisistextline.org
Veterans Crisis Line	Confidential crisis support for Veterans, service members, and the people who love them.	Phone, Text, Chat	**Dial 988 then press 1; text 838255** www.veteranscrisisline.net
SAMHSA National Helpline	Free, confidential treatment referral and information for mental health and substance use concerns, in English and Spanish.	Phone, Text	**1-800-662-HELP (4357); text your ZIP code to 435748** www.samhsa.gov/find-help/helplines/national-helpline
Disaster Distress Helpline (SAMHSA)	Year-round crisis counseling for people affected by natural or human-caused disasters, including community tragedies.	Phone, Text	**Call or text 1-800-985-5990** www.samhsa.gov/find-help/helplines/disaster-distress-helpline
National Domestic Violence Hotline	Confidential support and safety planning for anyone affected by relationship abuse.	Phone, Text, Chat	**1-800-799-SAFE (7233); text START to 88788** www.thehotline.org
Childhelp National Child Abuse Hotline	Support and guidance for children, parents, and concerned adults worried about child abuse.	Phone, Text, Chat	**Call or text 1-800-422-4453** www.childhelphotline.org
NAMI HelpLine	Peer-staffed information, referrals, and support for people facing mental health conditions and their families.	Phone, Text	**800-950-6264; text NAMI to 62640** www.nami.org/nami-helpline
211 (United Way)	Connects people with local help for essentials such as bills, food, housing, and community services.	Phone, Online	**Dial 211** www.211.org

Bereavement Organizations

Organization	What it offers	Support	Contact and website
The Compassionate Friends	Peer support for families after the death of a child of any age, from any cause, including local chapters and online groups.	Groups, Online	**877-969-0010** www.compassionatefriends.org

Organization	What it offers	Support	Contact and website
Hospice Foundation of America	Education and resources on end-of-life care, caregiving, and grief for families and professionals.	Online	hospicefoundation.org
CaringInfo (National Alliance for Care at Home)	Plain-language guidance on serious illness, advance care planning, end-of-life care, and grief.	Online	www.caringinfo.org
What's Your Grief	An online grief resource and community with articles and courses covering many kinds of loss.	Online	whatsyourgrief.com
Modern Loss	Candid personal essays and resources about living with loss over the long term.	Online	modernloss.com
Option B	Articles and guidance on caring for yourself and supporting others through grief and hardship.	Online	optionb.org
Center for Loss and Life Transition	Grief education, books, and trainings associated with author and educator Dr. Alan Wolfelt.	Online	www.centerforloss.com
Refuge in Grief	Courses, groups, and resources from author and grief advocate Megan Devine.	Online	refugeingrief.com
Death Cafe	Informal gatherings, in person and online, where people talk openly about death over tea and cake.	Groups, Online	deathcafe.com
Twinless Twins Support Group International	Support, regional contacts, and gatherings for people whose twin has died.	Groups, Online	twinlesstwins.org

Caregiver Resources

Organization	What it offers	Support	Contact and website
Family Caregiver Alliance	Information, education, and support for family members caring for adults with chronic or serious illness.	Phone, Online	**800-445-8106** www.caregiver.org
Caregiver Action Network	Education, peer support, and resources for family caregivers across many conditions.	Online	www.caregiveraction.org
National Alliance for Caregiving	Research, advocacy, and resources supporting family caregivers.	Online	www.caregiving.org

Organization	What it offers	Support	Contact and website
Eldercare Locator (U.S. Administration for Community Living)	A public service that connects older adults and families with local aging services.	Phone, Text, Chat	**1-800-677-1116** eldercare.acl.gov
Alzheimer's Association 24/7 Helpline	A free, round-the-clock helpline for people affected by Alzheimer's or other dementia and their caregivers.	Phone	**800-272-3900** www.alz.org/help-support/resources/helpline
ARCH National Respite Network	Helps family caregivers find respite care so they can rest and recharge.	Online	archrespite.org
CaringBridge	A free nonprofit platform for sharing health updates and coordinating help from friends and family.	Online	www.caringbridge.org
Meal Train	A free online sign-up tool for organizing meals and practical help for a family in need.	Online	www.mealtrain.com

Children, Teens and Families

Organization	What it offers	Support	Contact and website
Dougy Center	Grief support and free resources for children, teens, young adults, and families before and after a death.	Groups, Online	www.dougy.org
National Alliance for Children's Grief	Raises awareness of the needs of grieving children and teens and offers resources for those who support them.	Online	nacg.org
Judi's House	Grief care, research, and resources for children and families grieving a death.	Groups, Online	www.judishouse.org
Eluna Network (Camp Erin)	Free bereavement camps and resources for children and teens grieving a death.	Groups, Online	elunanetwork.org
Experience Camps	Free camps and year-round programs for children and teens who have experienced the death of a family member.	Groups	experiencecamps.org
Comfort Zone Camp	Free grief camps and programs for children and young adults who have experienced a significant death.	Groups	www.comfortzonecamp.org

Organization	What it offers	Support	Contact and website
Coalition to Support Grieving Students	Free training videos and materials to help school staff support grieving students.	Online	grievingstudents.org
Sesame Workshop: Grief	Free bilingual videos and activities to help families talk with young children about death.	Online	sesameworkshop.org/topics/grief
National Child Traumatic Stress Network: Traumatic Grief	Information for families and professionals about children who struggle after a death they experienced as traumatic.	Online	www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief

Workplace Grief

Organization	What it offers	Support	Contact and website
U.S. Department of Labor: Family and Medical Leave Act	Explains eligibility for unpaid, job-protected leave for qualifying family and medical reasons, such as caring for a seriously ill family member.	Online	www.dol.gov/agencies/whd/fmla
Job Accommodation Network (JAN)	Free, confidential guidance on workplace accommodations for employees and employers.	Phone, Chat, Online	**(800) 526-7234** askjan.org
Mental Health America: Workplace	Resources for building mentally healthy workplaces, for employees and employers.	Online	mhanational.org/workplace

Veteran and Military Grief

Organization	What it offers	Support	Contact and website
TAPS (Tragedy Assistance Program for Survivors)	Comfort, peer support, and resources for anyone grieving the death of a military loved one.	Phone, Groups, Online	**800-959-TAPS (8277), available 24/7** www.taps.org
Military OneSource	Round-the-clock support for service members, families, and survivors, including confidential non-medical counseling and peer support.	Phone, Online	**800-342-9647** www.militaryonesource.mil
Vet Centers (U.S. Department of Veterans Affairs)	Community-based counseling for eligible Veterans, service members, and families, including bereavement counseling.	Phone, Groups	**877-927-8387** www.vetcenter.va.gov

Organization	What it offers	Support	Contact and website
VA Mental Health Services	How to access VA mental health services, including help with grief, plus caregiver and crisis contacts.	Phone, Online	**877-222-8387** www.va.gov/health-care/health-needs-conditions/mental-health
Gold Star Wives of America	A membership and service organization for surviving spouses of military service members.	Groups, Online	goldstarwives.org

Pregnancy and Infant Loss

Organization	What it offers	Support	Contact and website
Share Pregnancy & Infant Loss Support	Support and resources for families after pregnancy loss, stillbirth, or the death of a baby.	Phone, Groups, Online	**1-800-821-6819** nationalshare.org
Star Legacy Foundation	Stillbirth education, research, and awareness, with family support resources and groups.	Groups, Online	starlegacyfoundation.org
MISS Foundation	A community supporting families after the death of a child, including stillbirth and infant death.	Groups, Online	missfoundation.org
Return to Zero: H.O.P.E.	Virtual support groups, retreats, and a provider directory for families experiencing pregnancy and infant loss.	Groups, Online	rtzhope.org
Now I Lay Me Down to Sleep	Volunteer photographers who offer remembrance portraits to parents experiencing the death of a baby.	Online	www.nowilaymedowntosleep.org
Postpartum Support International	A HelpLine, support groups, and resources for perinatal mental health, including after a loss. Not for emergencies.	Phone, Text, Groups	**1-800-944-4773; text "Help" to 800-944-4773** postpartum.net
First Candle	Works to prevent sleep-related infant deaths and offers support to families after the sudden death of a baby.	Phone, Online	**800-221-7437** firstcandle.org

Suicide Loss

Organization	What it offers	Support	Contact and website
American Foundation for Suicide Prevention: I've Lost Someone	Resources for suicide loss survivors, including peer conversations, a support group finder, and guides.	Groups, Online	afsp.org/ive-lost-someone
Alliance of Hope for Suicide Loss Survivors	Education and a moderated online community for people grieving a suicide death.	Groups, Online	allianceofhope.org
American Association of Suicidology	Suicide prevention resources, including a national directory of support groups for loss survivors.	Online	suicidology.org
Friends for Survival	Peer support services for people grieving the suicide death of a family member or friend.	Phone, Groups	**Toll free (800) 646-7322** friendsforsurvival.org
SAVE (Suicide Awareness Voices of Education)	Suicide prevention education and advocacy, with support resources for loss survivors.	Online	save.org

Overdose and Substance-Related Loss

Organization	What it offers	Support	Contact and website
GRASP (Grief Recovery After Substance Passing)	Free peer support meetings and resources for people who have lost someone to substance use.	Groups, Online	grasphelp.org
Broken No More	A community of families who have lost loved ones to substance use, focused on support and health-based policy.	Groups, Online	broken-no-more.org
Learn to Cope	Support, virtual meetings, and resources for families affected by a loved one's substance use, including bereaved families.	Groups, Online	www.learn2cope.org
Overdose Lifeline	Education, harm reduction, and support for individuals and families affected by substance use and overdose.	Online	www.overdoselifeline.org
Shatterproof	A national nonprofit working to improve addiction treatment, reduce stigma, and support communities.	Online	www.shatterproof.org

Organization	What it offers	Support	Contact and website
Al-Anon Family Groups	Mutual support meetings for people affected by someone else's drinking.	Groups	al-anon.org
Nar-Anon Family Groups	A twelve-step program for family and friends of people living with addiction.	Groups	www.nar-anon.org

Pet Loss

Organization	What it offers	Support	Contact and website
Cornell University Pet Loss Support Hotline	A phone line staffed by trained volunteer veterinary students for people grieving a companion animal. Hours vary seasonally.	Phone	**607-218-7457** www.vet.cornell.edu/about-us/outreach/pet-loss-support-hotline
Tufts Pet Loss Support Helpline	A helpline and resources for people who have lost an animal companion, with voicemail when closed.	Phone	**508-839-7966** vet.tufts.edu/pet-loss-support-helpline
Association for Pet Loss and Bereavement	Free pet loss support, including a chat room, video support groups, and topic guides.	Chat, Groups, Online	www.aplb.org
Lap of Love	A veterinary hospice service that also hosts free virtual pet loss support groups.	Groups, Online	www.lapoflove.com

Homicide and Violent Loss

Organization	What it offers	Support	Contact and website
Parents of Murdered Children (POMC)	Support and advocacy for families and friends of people who have died by violence.	Phone, Groups	**(888) 818-7662** www.pomc.org
VictimConnect Resource Center	Confidential referrals and information for victims of crime and their families.	Phone, Text, Chat	**Call or text 1-855-4VICTIM (855-484-2846)** victimconnect.org
National Center for Victims of Crime	Support, referrals, and resources to help crime victims rebuild their lives.	Online	victimsofcrime.org
Office for Victims of Crime (U.S. Department of Justice)	Federal programs and resources for people affected by crime and those who serve them.	Online	ovc.ojp.gov

Organization	What it offers	Support	Contact and website
MADD (Mothers Against Drunk Driving)	Support for people harmed by impaired driving crashes, including families grieving a death.	Phone, Online	**877.ASK.MADD (877.275.6233)** madd.org

COVID-19 Loss

Organization	What it offers	Support	Contact and website
Marked by COVID	A memorial and advocacy organization honoring people who died of COVID-19 and supporting those left behind.	Online	www.markedbycovid.com
Disaster Distress Helpline (SAMHSA)	Crisis counseling that also serves people distressed by public health emergencies such as a pandemic.	Phone, Text	**Call or text 1-800-985-5990** www.samhsa.gov/find-help/helplines/disaster-distress-helpline

LGBTQ+ Support

Organization	What it offers	Support	Contact and website
The Trevor Project	Free, confidential crisis support for LGBTQ+ young people, any time.	Phone, Text, Chat	**1-866-488-7386; text START to 678-678** www.thetrevorproject.org/get-help
Trans Lifeline	Peer support run by and for trans people.	Phone	**(877) 565-8860** translifeline.org
LGBT National Help Center	Free, confidential peer support hotlines and online chat for LGBTQ+ people of all ages.	Phone, Chat	**National Hotline 888-843-4564; Senior Hotline 888-234-7243** lgbthotline.org
SAGE	Services and resources for LGBTQ+ older adults and their caregivers.	Online	www.sageusa.org
PFLAG	Support, education, and local chapters for LGBTQ+ people and those who love them.	Groups, Online	pflag.org

Faith-Based Support

Organization	What it offers	Support	Contact and website
GriefShare	Christian grief support groups meeting in person and online, with a group finder.	Groups, Online	www.griefshare.org

Organization	What it offers	Support	Contact and website
Stephen Ministries	Trains congregation members to offer one-to-one Christian care, and publishes books on grief.	Groups, Online	www.stephenministries.org

Widowed and Partner Loss

Organization	What it offers	Support	Contact and website
Soaring Spirits International	Peer support programs for widowed people, including Camp Widow and regional groups.	Groups, Online	soaringspirits.org
Widowed Village	A free online community created by widowed people, with discussions and regional social groups.	Online	widowedvillage.org
Modern Widows Club	Community, events, and resources for widows.	Groups, Online	modernwidowsclub.org
Hope for Widows Foundation	Online community, resources, and grants for widows.	Online	hopeforwidows.org

Practical Matters After a Death

Organization	What it offers	Support	Contact and website
Social Security Administration: Survivor Benefits	Explains monthly survivor benefits for eligible family members and when to report a death.	Online	www.ssa.gov/benefits/survivors
FTC: The Funeral Rule	Your rights when arranging a funeral, including itemized price lists and choosing only the services you want.	Online	consumer.ftc.gov/articles/ftc-funeral-rule
National Funeral Directors Association	A professional association with consumer information on funeral planning and options.	Online	www.nfda.org
American Red Cross: Recovering Emotionally	Guidance on coping emotionally after a disaster, including grief and loss.	Online	www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html

International Crisis and Grief Support

Organization	What it offers	Support	Contact and website
Find A Helpline	A global directory of free, confidential helplines searchable by country and topic.	Phone, Text, Chat, Online	findahelpline.com
IASP: Crisis Centres and Helplines	The International Association for Suicide Prevention's page pointing to international crisis line networks.	Online	www.iasp.info/crisis-centres-helplines
Befrienders Worldwide	A network of emotional support centres worldwide, with a tool to find a centre to call.	Phone, Online	befrienders.org
9-8-8 Suicide Crisis Helpline (Canada)	Crisis support for people in Canada.	Phone, Text	**Call or text 9-8-8** 988.ca
Kids Help Phone (Canada)	Round-the-clock support for young people in Canada by phone, text, and chat.	Phone, Text, Chat	**1-800-668-6868; text CONNECT to 686868** kidshelpphone.ca
Samaritans (UK and Ireland)	Round-the-clock listening support for anyone who is struggling.	Phone	**116 123** www.samaritans.org
Cruse Bereavement Support (UK)	Bereavement support in the UK, including a free helpline.	Phone, Online	**0808 808 1677** www.cruse.org.uk
Lifeline (Australia)	Round-the-clock crisis support and suicide prevention for people in Australia.	Phone, Text, Chat	**13 11 14** www.lifeline.org.au
Griefline (Australia)	A free national grief helpline, forums, and resources in Australia.	Phone, Online	**1300 845 745** griefline.org.au

Last verified Oct 2026. 98 listings in 17 categories. A spreadsheet version (CSV) is available with this library.

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