

GRIEF SUPPORT *resources*

As you're working through your grief, you might find it helpful to read books or search the internet for support. We have created a list of web sites and books that are recommended during this difficult time. The list is separated by the following categories:

WEB SITES
ONLINE MEMORIALS
BOOKS

We have also separated the infant-specific from the children-specific resources. For the book list, we have categorized them by age of the reader. We have listed our top few book choices for each age group of children readers and books that will help guide adults while they support the siblings and other children in the family. There is a book list for both parent and grandparent grief as well.

We have included the 24/7 crisis hotline should you need to call it. It is important that you seek professional help immediately if you ever think about hurting yourself or others. Sometimes a death can affect you so profoundly, it is virtually impossible to go on with your life without professional help. Therapy may include counseling and/or medication. If you feel as though you need help working through your grief, call the crisis hotline or your primary medical provider for assistance.

If you need assistance finding a specific resource that would be helpful for you, call or e-mail the Grief and Bereavement Specialist, Taryn Schuelke, at 832-826-8096 and GriefSupport@texaschildrens.org.

24/7 CRISIS HOTLINES

The Harris Center: 713-970-7000
National Suicide Prevention Hotline:
1-800-273-8255

WEB SITES:

Texas Children's: texaschildrens.org/departments/death-of-a-child
A page on the Texas Children's website dedicated to helpful information needed after the death of your child.

Bo's Place: bosplace.org
A bereavement center offering grief support services to children, ages 3 to 18, and their families who have experienced the death of a child or an adult in their immediate family, as well as programs for grieving adults. Bo's Place is founded on the belief that grieving children sharing their experiences with each other greatly helps in their grief journey. Bo's Place is located in Houston, TX and has employees that speak Spanish.

MISS Foundation: missfoundation.org

A volunteer-based organization committed to providing crisis support and long-term aid to families after the death of a child from any cause. MISS also participates in legislative and advocacy issues, community engagement and volunteerism and culturally competent, multidisciplinary, education opportunities. The MISS Foundation website includes information on local support groups.

The Compassionate Friends: thecompassionatefriends.com

Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again.

GRIEF SUPPORT *resources* CONTINUED

UNITE: unitegriefsupport.org

Offers a number of services to grieving parents and caregivers including the following: grief support groups, literature, educational programs, training workshops, group development assistance and referral assistance.

Centering Corporation: centering.org

Dedicated to providing education on grief and loss for professionals and the families they serve.

The Light Beyond: thelightbeyond.com

A forum, short movie, blog, e-cards and library to support those in grief.

What's Your Grief: whatsyourgrief.com

An excellent website with resources, blogs, and up-to-date grief theory. The content is honest, approachable, and helpful.

Infant Specific:

March of Dimes: marchofdimes.com

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. The organization carries out its mission through research, community services, education, and advocacy to save babies' lives.

M.E.N.D. (Mommies Enduring Neonatal Death): mendhouston.com

Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death. M.E.N.D. offers several support and play groups in the Houston area.

SHARE: nationalshare.org

Serving those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life. The primary purpose is to provide support toward positive resolution of grief

experienced at the time of or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The Women's Place:

women.texaschildrens.org

(Click on Our Services and Behavioral Health and Education). Providing specialized, expert care for loss and grief (including stillbirths, miscarriage or the death of a child during the first year) in a warm, supportive environment.

ONLINE MEMORIALS:

Memory Of: memory-of.com

Remembered Forever: remembered-forever.org

Forever Missed: forevermissed.com

Last Memories: last-memories.com

GRIEF CAMPS:

By State: www.kidscamps.com/special_needs/bereavement.html

BOOKS:

Preschool Aged Children:

- *I Miss You: A First Look at Death* by Pat Thomas
- *Gentle Willow: A Story for Children about Dying* by Joyce Mills
- *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss* by Michaelene Mundy

School Aged Children:

- *What Happens When Someone Dies?: A Child's Guide to Death and Funerals* by Michaelene Mundy
- *Tell Me, Papa: Answers to questions children ask about death and dying* by Joy and Marvin Johnson
- *When Dinosaurs Die: A Guide to Understanding Death* by Laurie Krasny Brown
- *Love Never Stops: A Memory Book for Children* by Emilio Parga
- *When Someone Very Special Dies* by Marge Heegaard

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Preteens and Teens:

- *Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love* by Earl A. Grollman
- *I Will Remember You: What to Do When Someone You Love Dies- A Guidebook Through Grief for Teens* by Laura Dower
- *Weird is Normal When Teenagers Grieve* by Jenny Lee Wheeler
- *I Will Never Forget You: A Teen Journal of Love and Remembrance* by Emilio Parga

Adults Helping Grieving Children:

- *What Will I Tell the Children?* by Jacque Bell & Linda Esterling
- *35 Ways to Help a Grieving Child* by Dougy Center Staff
- *The Grieving Child* by Helen Fitzgerald
- *The Grieving Teen* by Helen Fitzgerald
- *What Does That Mean?* by Harold Ivan & Joy Johnson
- *Children Die, Too* by Joy Johnson
- *Healing and Growing Through Grief* by Donna O'Toole
- *Tear Soup: A Recipe for Healing and Loss* by Pat Schwiebert
- *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One* by Phyllis Silverman & Madelyn Kelly

Parent Grief:

- *Mom: A Mother's Journey from Loss to Hope* by Cynthia Baseman
- *When God Doesn't Make Sense* by Dr. James C. Dobson
- *Recovering from the Loss of a Child* by Katherine Fair Donnelly
- *A Broken Heart Still Beats: After Your Child Dies* by Anne McCracken
- *How to Survive the Loss of a Child: Filling the Emptiness and Rebuilding Your Life* by Catherine Sanders
- *Grieving Dads* by Kelly D. Farley
- *Traveling through Grief* by Susan J. Zonnebelt-Smeenge
- *Making Loss Matter* by Rabbi David J. Wolpe
- *Understanding Your Grief* by Alan D. Wolfelt

- *What to Do When a Loved One Dies* by Eva Shaw
- *A New Normal* by Darlene Cross
- *No Time to Say Goodbye* by Carla Fine
- *Holding Onto Love* by Chuck Collins
- *How To Go On Living When Someone You Love Dies* by Therese A. Rando
- *I Wasn't Ready to Say Goodbye* by Brook Noel & Pamela D. Blair
- *Healing Your Grieving Heart* by Alan D. Wolfelt

Grandparent Grief:

- *Forgotten Tears: A Grandmother's Journey through Grief* by Nina Bennett
- *When a Grandchild Dies: What to Do, What to Say, How to Cope* by Nadine Galinsky

Infant Specific:

- *Parenthood Lost: Healing the Pain after Miscarriage, Stillbirth, and Infant Loss* by Michael R. Berman, M.D.
- *When the Bough Breaks: Forever after the Death of a Son or Daughter* by Judith Bernstein
- *Empty Cradle, Broken Heart: Surviving the Death of Your Baby* by Deborah Davis
- *Our Baby, Our Love, Our Loss* by Kathi Evans
- *A Guide for Fathers: When a Baby Dies* by Tim Nelson
- *Strong and Tender: A Guide for the Father Whose Baby Has Died* by Pat Schwiebert
- *Given in Love but Not Mine to Keep: Finding Strength in the Loss of a Newborn Child* by Jan Wolfe Rosales
- *Coming to Term: A Father's Story of Birth, Loss, and Survival* by William Woodwell Jr.
- *Lost Lullaby* by Deborah Golden Alecson & Kathleen Nolan
- *Couple Communication after a Baby Dies: Differing Perspectives* by Sherokee Ilse & Tim Nelson
- *Loving and Letting Go: For Parents Who Decided to Turn Away from Aggressive Medical Intervention for Their Critically Ill Newborns* by Deborah L. Davis

GRIEF SUPPORT *resources* CONTINUED

SUPPORT GROUPS

Support groups are a great way to meet other people who are working through grief. If hearing from others and sharing your own experience is helpful to you, this might be an outlet to consider. To find a support group near you, there are a few organizations that can be supportive:

Bo's Place

www.bosplace.org

The Compassionate Friends

www.compassionatefriends.org/find-support/chapters/chapter-locator

Grief Share

www.griefshare.org

COUNSELING

There are a few different ways to find a counselor for supportive talk therapy. Getting a referral from a friend or family member is a great way to find someone you can trust. You can also ask your primary care provider for recommendations and/or referrals. Many counselors will provide a sliding scale for payment. Some insurance companies will cover part or all of the costs for counseling sessions. You can ask your insurance company for accepted therapists in your area. Qualified counselors will have any of the following credentials: LPC (Licensed Professional Counselor), LCSW (Licensed Clinical Social Worker), LMFT (Licensed Marriage and Family Therapist), or Psychologist. Often, employers provide Employee Assistance Programs (EAP) which might provide counseling services. If you would like to search for a qualified counselor in your area who takes your insurance visit:

Psychology Today

www.psychologytoday.com/us/therapists

MEDICATION

You might find that you need additional support to cope with the death of your child. If you are experiencing grief in a way that is keeping you from moving forward, your primary care provider can help manage your medications or refer you to a psychiatrist. Psychiatrists are able to prescribe medication that may be helpful for coping with difficult-to-manage emotions.