



# Useful Grief & Bereavement Support Resources

## Websites

### **Pregnancy Loss**

A Heartbreaking Choice Support for when a pregnancy ended due to selective reduction or medical concerns for the mother or fetus. [www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)  
SHARE Pregnancy & Infant Loss Support, Inc [www.nationalshare.org](http://www.nationalshare.org)  
Silent Grief Books and chat groups concerning pregnancy loss. [www.silentgrief.com](http://www.silentgrief.com)  
Avery's Garden Artwork and inspiration surrounding pregnancy loss. <https://www.averys-garden.com>

### **Anticipated Grief and Loss of Child**

Bereaved Parents USA [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)  
Greater Illinois Pediatric Palliative Care Coalition [www.gippcc.org](http://www.gippcc.org)  
SIDS of Illinois [www.sidsillinois.org](http://www.sidsillinois.org)  
The Compassionate Friends Supporting a Family After a Child Dies.  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **End Of Life Education & Care**

National Hospice & Palliative Care Organization (NHPCO) <https://www.nhpc.org>  
Illinois Hospice & Palliative Care Organization <https://il-hpco.org>  
Association of Death Education and Counseling, The Thanatology Association <https://www.adec.org>

### **Support for Children**

When Families Grieve Sesame Street Workshop to help children and parents with loss and grief. [www.sesamestreet.org/toolkits/grief](http://www.sesamestreet.org/toolkits/grief)  
Sesame Street Toolkits Website offers useful tools, videos and handouts regarding many parenting issues including emotions, military living, growing up, science, and even living with asthma. No cost registration gives parents additional support resources.  
[www.sesamestreet.org/toolkits](http://www.sesamestreet.org/toolkits)

### **Survivors of Suicide & Suicide Prevention**

American Foundation for Suicide Prevention Offers information about support groups for survivors of suicide. <https://afsp.org/find-support/>  
Suicide Prevention Lifeline Call 1-800-273-8255 for support <https://suicidepreventionlifeline.org>

## Downloadable Articles

[Move from Wounded Helper to Helping Professional](#) October 8, 2019 written by Julie Blackburn, LCPC, NCC, ATR  
[The Gift of Carefree Timelessness](#) July 2018 written by Julie Blackburn, LCPC, NCC, ATR published in [The Perpetual You](#)  
[6 Tips to Putting Pesky Ruminating Thoughts to Rest... And You Too!](#) April 12, 2018 written by Julie Blackburn, LCPC, NCC, ATR  
[Grieving Your Pet](#) May 31, 2017 written by Julie Blackburn, LCPC, NCC, ATR  
[Remember the Grieving Mother on Mother's Day](#) May 12, 2017 written by Julie Blackburn, LCPC, NCC, ATR