

# Bereavement Resources:

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## **General Grief Websites:**

**GriefNet.org** - An internet community of persons dealing with grief, death, and major loss with online grief support.

**GROWW.org (Grief Recovery Online for All Bereaved)** - A safe site providing online support groups and chat rooms for those grieving the loss of a loved one.

**Helpguide.org** - Free online resources to help people deal with grief.

**NationalResourceDirectory.gov** - Government website which lists resources and contact information available to survivor, military personnel, veterans, and family members.

## **Counseling Resources:**

**Department of Veterans Affairs (VA), [www.va.gov](http://www.va.gov), 800-905-4675/720-874-1031/202-461-6530**

Offers readjustment counseling and bereavement counseling to parents, spouses, and children of AD service members, also available to families of reservists and National Guardsmen who die while on duty. 24-hour availability. This bereavement counseling is of limited duration and may only be authorized up to 60 days. However, VA medical center directors have authority to approve a longer period of time when medically indicated.

**Give an Hour, <http://www.giveanhour.org/>**

A non-profit, national network of volunteer mental health providers serving the needs of military members and their families in their own communities. Offers treatment for anxiety, depression, substance abuse, PTSD, loss and grieving. Open to individuals, couples and families, children and adolescents.

**Military One Source (MOS), [www.militaryonesource.mil](http://www.militaryonesource.mil), 800-342-9647**

Provides face-to-face counseling, telephone consultation, online consultation (instant messenger), and financial consultation. Indefinite support for benefits-entitled dependents.

**Military Treatment Facilities (MTF) through TRICARE, [www.tricare.mil](http://www.tricare.mil)**

Appointments made with Social Workers, Psychologists, and/or Psychiatrists by referral from primary physicians. Health plan options and costs for TRICARE vary based on the sponsor's military status when he/she dies; if surviving family member is a spouse or child.

**Substance Abuse and Mental Health Services Administration,**

**<http://www.samhsa.gov/index.aspx>, 877-726-4727, SAMHSA Nat'l Help line 800-662-4357**

An agency within the U.S. Department of Health and Human Services established to reduce the impact of substance abuse and mental illness on America's communities.

### **Support Groups/Organizations:**

**Air Craft Casualty Emotional Support Services (ACCESS), [www.accesshelp.org](http://www.accesshelp.org)**

An air disaster bereavement network dedicated to connecting those who lost a loved one in a plane crash.

**Air Force Aid Society, [www.afas.org](http://www.afas.org)**

Provides emergency financial assistance and education assistance programs to spouses and dependent age children of Air Force personnel who die on Active Duty)

**Alcove Center for Grieving Children & Families,**

[http://www.thealcove.org/grief\\_guidelines\\_for\\_parents.html](http://www.thealcove.org/grief_guidelines_for_parents.html)

Website offers suggestions and advice regarding dealing with your child's grief over the loss of a loved one.

**American Gold Star Mothers, [www.goldstarmoms.com](http://www.goldstarmoms.com)**

Established in 1928. A community of mothers who lost a child on Active Duty in the military. Chapters located throughout the U.S.

**American War Mothers, [www.americanwarmoms.org](http://www.americanwarmoms.org)**

Established in 1917. Members are mothers of children who have served or are serving in the Armed Services during a time of conflict.

**American Widow Project (AWP), [www.americanwidowproject.org](http://www.americanwidowproject.org)**

Established in 2006. Is a non-profit organization dedicated to the new generation of those who have lost the heroes of yesterday, today and tomorrow, with an emphasizes healing through sharing stories over blogs, get-aways/retreats, and conventions. Fiancés welcome.

**Friends for Survival, <http://www.friendsforsurvival.org/home.html>, 800-646-7322**

Established in 1983. A national non-profit outreach organization open to those who have lost family or friends by suicide. Offers a variety of peer support services that comfort those in grief.

**Gold Star Wives of America, [www.goldstarwives.org](http://www.goldstarwives.org)**

Established in 1945. A community of widows and widowers who lost a spouse while on Active Duty in the military. Chapters located throughout the U.S.

**Snowball Express, <http://snowballexpress.org/>**

“Serving the children of our fallen military heroes.” Provides an all-expenses-paid gathering for families of Service Members who have been killed in service since September 11, 2001.

**Society of Military Widows, [www.militarywidows.org](http://www.militarywidows.org)**

Established in 1968. Serves the interests of women whose husbands died while on active military duty of a service-connected illness, or during disability or regular retirement from the Armed Forces.

**Tragedy Assistance Program for Survivors (TAPS), [www.taps.org](http://www.taps.org), 800-959-8277**

Established in 1994 for military survivors. Offers 24/7 information line, peer mentoring, publishes quarterly newsletters, hosts online community of survivors (chat rooms, message boards, and peer group discussion sites), military survivor seminars for adults and Good Grief Camps for children. Any relationship to deceased welcome.