
Support & Resources

You do not have to do this alone. Here is where to find help.

EVIDENCE-BASED

Hospice Bereavement Services

Under Medicare, hospice agencies are required to provide bereavement support to families for up to 13 months after a patient's death, at no additional cost. This may include:

- Check-in phone calls from a bereavement coordinator
- Grief education mailings or email resources
- Individual or group grief counseling
- Memorial services or remembrance events
- Referrals to community resources

If your hospice agency has not contacted you, call them directly. You are entitled to these services.

Source: NHPCO — Hospice FAQs, <https://www.nhpc.org/hospice-care-overview/hospice-faqs/>

Finding a Grief Support Group

- Ask your hospice — most agencies offer or can refer to local groups
- NHPCO Care Provider Search: [nhpc.org/find-a-care-provider](https://www.nhpc.org/find-a-care-provider)
- Psychology Today Therapist Finder: filter by "grief" specialization
- GriefShare: faith-based groups in communities nationwide

Resources for Children & Teens

- Dougy Center ([dougy.org](https://www.dougy.org)) — peer grief support for young people
- Eluna Network / Camp Erin ([elunanetwork.org](https://www.elunanetwork.org)) — bereavement camps for children
- Actively Moving Forward — for young adults ages 18-30
- YouthLine: (877) 968-8491 — teen crisis support, by teens

Online Grief Communities

- AfterTalk ([aftertalk.com](https://www.aftertalk.com)) — extensive grief resources, Q&A; with grief experts
- Hope for Widows — national support system for widowed women
- Modern Widows Club — peer support and empowerment programs

- The Dinner Party — peer communities for 20-40 somethings grieving loss

Crisis and Grief Hotlines

- 988 Suicide & Crisis Lifeline — Call or text 988 (24/7, free, confidential)
- NHPCO Grief Support Line — 1-800-658-8898 (multilingual)
- Crisis Text Line — Text HELLO to 741741
- SAMHSA Disaster Distress Helpline — 1-800-985-5990

These services are free and available to anyone. You do not need to be in crisis to call — sometimes you just need someone to listen.

If you need someone to talk to right now:

[NHPCO Grief Support: 1-800-658-8898](https://www.nhpc.org/grief-support) | [988 Suicide & Crisis Lifeline: Call or text 988](https://www.988lifeline.org/)