

Online Grief Resources to Access During the Covid-19 Shutdown

The following are some suggestions of online resources you may wish to check out during this time of isolation when we are not able to meet in person. We hope some of these may help provide some comfort and support on your grief journey.

The Compassionate Friends Website

<https://www.compassionatefriends.org/blog/category/articles/>

Over 25 pages of links to articles about many aspects of grief and loss written by bereaved parents, grandparents and siblings as well as some grief professionals available to read. There are also archived issues of TCF's quarterly magazine *We Need Not Walk Alone* from 2011-2019 on this site.

TCF Chat Rooms

<https://www.compassionatefriends.org/find-support/online-communities/online-support/>

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. The intent of our Online Support Community is to provide mutual comfort, hope, and support through conversation. We are not professional grief counselors.

TCF Private Facebook Groups

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

The Compassionate Friends offers a variety of private Facebook Groups. These Facebook pages cover a variety of causes of loss, as well as other grief-related topics for discussion.

These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. When you go to the website listed above, please click on the link next to the group you wish to join and answer the screening questions so we can confirm your request. Please note, all three questions need to be answered in order to be approved. If you are on a phone or tablet, you will need to scroll down before hitting "submit." If you are still waiting approval after three days, please message one of the administrators.

"Join" requests to TCF closed Facebook groups must be requested personally, therefore when you wish to share the group with someone else, please pass along the link to the group.

Current Private Facebook Groups

TCF – Loss of a Stepchild

TCF – Loss of a Grandchild

TCF – Sibs (for bereaved siblings)

TCF – Bereaved LGBTQ Parents with Loss of a Child

TCF – Multiple Losses

TCF – Men in Grief

TCF – Daughterless Mothers

TCF – Sudden Death

TCF – Loss to Substance Related Causes

TCF – Sibling Loss to Substance Related Causes

TCF – Loss to Suicide

TCF – Loss to Homicide

TCF – Loss to a Drunk/Impaired Driver

TCF – Loss to Cancer

TCF – Loss of a Child with Special Needs

TCF – Loss to Long-term Illness

TCF – Loss After Withdrawing Life Support

TCF – Loss to Mental Illness

TCF – Loss to Miscarriage or Stillbirth

TCF – Miscarriage, Stillbirth, Loss of an Infant Grandchild

TCF – Infant and Toddler Loss

TCF – Loss of a Child 4 -12 Years Old

TCF – Loss of a Child 13-19 Years Old

TCF – Loss of an Adult Child

TCF – Loss of an Only Child/All Your Children

TCF – Grandparents Raising their Grandchildren

TCF – Bereaved Parents with Grandchild Visitation Issues

TCF – Grieving with Faith and Hope

TCF – Reading Your Way Through Grief

TCF – Crafty Corner

TCF – Loss of a Child

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter Steering Committee)

More Online Resources

What's Your Grief Website/Blog

<https://whatsyourgrief.com>

This site offers an archive of articles posted on the site covering many aspects of grief, different types of loss, etc. Currently has over 500 article submissions. This site also offers podcasts. A current article on the site is "How to Support Someone Grieving When You Can't Be With Them" - it can be accessed at this link: <https://whatsyourgrief.com/how-to-support-someone-grieving-when-you-cant-be-with-them/>

Centering / Grief Digest Articles

<https://centering.org/grief-digest-articles/>

This site offers many articles on the various aspects of grief and the grieving process submitted by people who have experienced all types of losses as well as articles by some professionals in the field of bereavement. You can also subscribe to their e-newsletter that is free of charge. They also are a great resource for books on grieving and for many years have been the official "Bookstore" at National Compassionate Friends Conferences.

Grief Toolbox

<https://thegrieftoolbox.com/>

This site has a list of articles you can access on its home page. It also has links to other grief-related sites.

Open to Hope

<https://www.opentohope.com/>

Open to Hope® is a non-profit with the mission of helping people find hope after loss. They invite you to read, listen and share your stories of hope and compassion. From the homepage you can access over 7,000 articles on grief and loss. They also host podcasts where they interview both professionals and bereaved individuals on dealing with grief and loss.

Still Standing Magazine –

for all those experiencing child loss & infertility

<https://stillstandingmag.com/>

This site has lots of great articles on various kinds of loss—recent loss, early loss, death of an adult child, grief and mental health, parenting after loss, and more.

Survivors of Suicide – Grief Support Websites

<https://www.sosmadison.com/resources/grief-support-websites>

Online grief support sites for those experiencing the death of a loved one due to suicide.

Pregnancy & Infant Loss Resources

<https://www.verywellfamily.com/miscarriage-support-organizations-2371339>

Listing of various support websites related to this topic and also articles of various aspects of this particular kind of loss.

Topeka TCF Chapter Website

(www.tcftopeka.org)

Our own Topeka Chapter website offers some additional resource links that you might wish to check out. Go to: <http://www.tcftopeka.org/resourceslinks.aspx/> Here you will find resource links for the following categories:

1. Grief Music: Classical, Popular and Christian-themed YouTube videos
2. Grief Poetry: Poems about Grief; Writing Your Own Poetry; Reading Poetry.
3. Writing, Journaling, Scrapbooking and Blogging

The "Grief Online" Menu tab also has additional listings of bereavement resources and online safety information.

Crisis Hotline Information

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773

Beware of the Dangers of Grief Support Online

(Editor's Note: The websites and resources posted in this newsletter have been vetted and should not be problematic, but wanted to include these cautions should you want to look for other resources online.)

Just as there are dangers to online dating or social networking, there are risks to joining an online grief support. Visitors to these sites should heed the following warnings:

- Never give out personal information to anyone. This includes your full name, address, phone number, computer or online passwords, credit card or bank information or other identifying factors.
- Make sure the group you join is a secure private website. Registration should be required and approved.
- Legitimate groups will not ask for a registration fee; many will take donations since they are non-profit organizations, but it is not mandated.
- Do not believe everything you read. It's hard to believe that scam artists invade personal and emotional sites such as this, but they do.
- Report suspicious behaviors to the group's moderator or website owner
- Be careful what you post. If you are unsure about the website, don't post photographs of your loved one. It is very easy to steal someone's picture on the Internet.