

## OTHER RESOURCES

### HOW TO ACCESS COMPASSIONATE FRIENDS ON-LINE SUPPORT CHAT SESSIONS -

To access the on-line support system go to <http://www.compassionatefriends.org> Or use Key word "Compassionate Friends". Click on Resources then click On-Line Support and then click on Schedule & Entrance for On-Line Support. (A schedule of upcoming "rooms" for various discussions will come up. Please note all rooms are moderated.)

WEEKLY WEB-RADIO SHOWS - To access the weekly "Open to Hope Show" on Thursdays at noon, go to <http://www.opentohope.com>. This show deals with the different aspects of grief. You can also pick up archives of this show at this site or go to <http://www.thegriefblog.com>. For archives of "Healing the Broken Heart" go to <http://www.voiceAmerica.com>

ACCESSING BROCHURES - To access brochures go to <http://www.compassionatefriends.org> click on Resources then click Available Brochures.

### LINKS TO OTHER SUPPORT GROUPS

Aircraft Casualty Emotional Support Service – ACCESS provides peer grief support and resource information for those who have survived or lost loved ones in air disasters.

Phone: 1-877-227-6435 Website: <http://www.accesshelp.org> E-mail: [info@accesshelp.org](mailto:info@accesshelp.org)

American Association of Retired People – AARP has a grief and loss program includes online articles, publications, support groups, and discussion boards on coping with the loss of a loved one. Website: [http://aarp.org/families/grief\\_loss](http://aarp.org/families/grief_loss)

American Foundation For Suicide Prevention - Dedicated to advancing knowledge of suicide and the ability to prevent it. Phone: 1-888-333-2377 Fax: 1-212-363-3500  
Website: <http://www.afsp.org> E-mail: [inquiry@afsp.org](mailto:inquiry@afsp.org) Address: 120 Wall St., 22<sup>nd</sup> Floor, New York, NY 10005

Adult Sibling Grief - A support & resource community for surviving adult siblings.

Website: <http://www.adultsiblinggrief.com> E-mail: [author@adultsiblinggrief.com](mailto:author@adultsiblinggrief.com)

Alive Alone - Designed to benefit bereaved parents whose only child or all children have died by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.

E-mail: [alivalon@bright.net](mailto:alivalon@bright.net) Address: 1112 Champaign Drive, Van Wert, Ohio 45891

American Cancer Society - NCIC relations. Phone: 1-866-929-6939 or 1-516-270-2797

Or call 24 hour hotline at 1-800-ACS-2345. Website Nat.: <http://www.cancer.org>

Address: 6800 Jericho Turnpike, Suite 200W, Syosset, NY 11791

Baby Steps - named after the baby steps that form the long and difficult road to recovery from the loss of a child. Phone: 1-905-707-1030 Website: <http://www.babysteps.com> E-mail: [info@babysteps.com](mailto:info@babysteps.com) Address: 182-1054 Centre St. Thornhill, Ontario, L4J 8E5, Canada

Bereaved Parents of the USA – BPUSA offers support, care, and compassion for bereaved parents, siblings, and grandparents. Phone: 708-748-7866

Website: <http://www.bereavedparentsusa.org> Address: PO Box 95, Park Forest, Ill. 60466

Break The Silence - Impatient safety for those in crisis or at risk for self-harm and suicide.  
Website: <http://www.break-the-silence.org> E-mail: [BTSSaaveALife@aol.com](mailto:BTSSaaveALife@aol.com) Phone: 1-800-Suicide (1-800-784-2433) Address: 821 Landis St., Scranton, PA 18504

Center for Loss of Multiple Birth – CLIMB is by and for parents who have experienced the death of one or more children during a multitude pregnancy, birth, and through childhood.  
Phone: 907-222-5321 Website: <http://www.climb-support.org> E-mail: [climb@pobox.alaska.net](mailto:climb@pobox.alaska.net)  
Address: PO Box 91377, Anchorage, AK 99509

Children's Bereavement Support Group - Support group for children 7-14 who are bereaving the loss of a parent, grandparent, sibling or friend. Meets the first and third Thursday of each month from 5-6PM in the Cory Building, 599 Route 37W in Toms River, Phone: 732-505-KIDS.

Comfort Zone Camp - For siblings and children (age 7-17) coping with loss of a sibling or parent. Phone: 1-804-337-3430 Fax: 1-804-377-3433  
Website: <http://www.comfortzonecamp.org> E-mail: [info@comfortzonecamp.org](mailto:info@comfortzonecamp.org)  
Address: 4906 Cutshaw Ave. 2<sup>nd</sup> Floor, Richmond, Va 23230

Common Ground Grief Center - Provides peer support groups for children and teens who have experienced the death of a parent, primary caregiver, sibling or friend.  
Phone: 732-606-7477 Website: <http://www.commongroundgriefcenter.org> Address: 67 Taylor Ave, Manasquan, NJ 08736

Compassion Connection - Contains articles and readings for all who have suffered a loss.  
Website: <http://www.compassionconnection.org>

Good Grief Resources - Connects the bereaved and their caregivers with as many bereavement support resources as possible in one efficient and easy-to-use web directory.  
Website: <http://goodgriefresources.com>

GriefHaven - Provides loving support, hope, and hands-on for those who have lost a child, brother, or sister, or grandchild, and also provide education to professionals and others seeking to help bereaved family members rebuild their lives. Phone: 1-310-459-1789  
Website: <http://griefhaven.org> E-mail: [hope@griefHaven.org](mailto:hope@griefHaven.org) Address: The Erika Whitmore Godwin Foundation, 15332 Antioch St. #147, Pacific Palisades, Ca 90272

GriefNet - offers e-mail support groups for the bereaved including parents, siblings and grandparents. It also offers a wide variety of bereavement related content including a comprehensive resource guide of bereavement organizations. Website: <http://www.griefnet.org>  
Address: PO Box 3272 Ann Arbor, MI 48106-3272  
and a sister website for bereaved children (KIDSAID) Website: <http://www.kidsaid.com>

Grief Speaks - Lisa Athan is a grief specialist who facilitates workshops and training programs on grief.  
Phone: 973-912-0177 Website: <http://www.griefspeaks.com> E-mail: [lisa@Griefspeaks.com](mailto:lisa@Griefspeaks.com)

Grief Work Center - Barbara Rivel is a grief speaker who specializes in helping those who have to deal with suicide and homicide and in general death, dying and bereavement issues by providing compassion during a time of need. Phone: 732-422-0400  
Website: <http://www.griefworkcenter.com> E-mail: [griefwork@aol.com](mailto:griefwork@aol.com)

GROWW - Grief recovery online offers wide variety of grief and bereavement resources.  
Phone: 800-854-3402 Website: <http://www.groww.org>

Hospice Foundation of America-Includes information about hospice care and programs including bereavement support for families using hospice. Phone: 1-800-854-3402  
Website: <http://www.hospicefoundation.org>

Mothers Against Drunk Driving (MADD) - Phone: 1-800-GET MADD (1-800-438-6233) or 1-877-MADD HELP (1-877-623-3435) Fax:1-972-869-2206/7  
Website National: <http://www.madd.org> Website Local: <http://www.madd.org/nj>  
Address National: 511 E. John Carpenter Frwy. Suite 700, Irving, Texas 75062  
New Jersey Chapter: P.O. Box 5085, Trenton, NJ 08638 Phone: 1-609-585-7233

Mothers In Sympathy and Support – M.I.S.S provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education. Phone: 1-623-979-1000 Website: <http://www.missfoundation.org>  
E-mail: [info@missfoundation.org](mailto:info@missfoundation.org) Address: P.O. Box 53333, Peoria, Arizona 85385-5333

National Funeral Director's Association – NFDA provides many grief resources for coping with the death of a child within the family. Phone-800-228-6632 Website: <http://www.nfda.org>  
E-mail: [nfda@nfda.org](mailto:nfda@nfda.org) Address: 13625 Bishops Drive, Brookfield, WI 53025

National SIDS Resource Center - Provides information service and technical assistance on sudden infant death syndrome (SIDS) and related topics.  
Phone for grief counseling: 1-800-221-7437 Information/resources 1-866-866-7437  
Website: <http://www.sidscenter.org> E-mail: [info@sidscenter.org](mailto:info@sidscenter.org)  
Address 2115 Wisconsin Ave. NW, Suite 601, Washington, DC 20007

Now I Lay Me Down to Sleep - When a baby or infant has died, Now I Lay Me Down to Sleep, through its nationwide network of professional photographers, will arrange a tasteful private setting at the hospital with no charges for service or pictures. Phone: 1-877-834-5667  
Website: <http://www.nowilaymedowntosleep.org> E-mail: [headquarters@nilmdts.org](mailto:headquarters@nilmdts.org)  
Address: 7800 S. Elati St. #111, Littleton, CO 80120

Parents of Murdered Children – POMC provides support and assistance to all survivors of homicide victims, while working to create a new world free of murder. Phone:1-513-721-5683  
Fax:1-513-345-4489 Website: <http://www.pomc.com> E-mail: [natipomc@aol.com](mailto:natipomc@aol.com)  
Address: National POMC 2200 East Eighth St. Suite 202 Cincinnati, Ohio 45202

SHARE - Support for those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life.  
Phone:1-800-821-6819 Fax:1-636-947-7486 Website:<http://www.nationalshareoffice.com>  
Address: St. Joseph Health Center, 300 First Capitol Dr., St. Charles, MO 63301

SIDS - National SIDS Resource Center provides information service and technical assistance on sudden infant death syndrome (SIDS) and related topics.  
Phone for grief counseling: 1-800-221-7437 Information/resources 1-866-866-7437  
Website: <http://www.sidscenter.org> E-mail: [info@sidscenter.org](mailto:info@sidscenter.org)  
Address 2115 Wisconsin Ave. NW, Suite 601, Washington, DC 20007

SIDS Alliance - For those who lost a child through sudden infant death.  
Phone:1-800-221-7437 Website: <http://www.sidsalliance.org> E-mail: [njsids@yahoo.com](mailto:njsids@yahoo.com)

SIDS Network - Sudden Infant Death Syndrome Network-Offers latest information, as well as support, for those who have been touched by the tragedy of SIDS or other infant death.  
Website: <http://sids-network.org>

Spanish Resources (Los Amigos Campasivos) - For those needing assistance is Spanish you can go to [www.compassionatefriends.org](http://www.compassionatefriends.org) and go to En Espanol or for brochures go to resources (then go to available brochures and scroll down to bottom of page for brochures written in Spanish). Another webpage you can access is [www.tcfatlanta.org/Spanish.html](http://www.tcfatlanta.org/Spanish.html) which offers a lot of information on their site and has additional links to other resources.

Sudden Unexplained Death in Childhood – SUDC program offers support, information, advocacy, and research opportunities for those touched by the sudden and unexplained death of a child (over 12 months of age) Phone: 1-800-620-SUDC or in NJ 1-201-996-5080  
Fax: 1-202-996-5326 Website: <http://209.35.36.161> E-mail: [info@sudc.org](mailto:info@sudc.org)  
Address: SUDC Program c/o The CJ Foundation for SIDS  
Don Imus Pediatric Ctr. 30 Prospect Ave Hackensack, NJ 07601

Suicide Prevention (American Foundation For Suicide Prevention) - Dedicated to advancing knowledge of suicide and the ability to prevent it. Crisis: 1-800-273-TALK (8255) Phone:1-888-333-2377 Phone: 1-363-3500 Fax: 1-212-363-6237.  
Website: <http://www.afsp.org> E-mail: [inquiry@afsp.org](mailto:inquiry@afsp.org) Address: 120 Wall St., 22<sup>nd</sup> Floor, New York, NY 10005

Suicide Prevention (National Suicide Prevention Lifeline) - Suicide hotline with free and confidential national network of crisis centers. Phone:1-800-273-TALK (8255) In Spanish phone 1-888-628-9454 Website: <http://www.suicidepreventionlifeline.org>

Survivors of Suicide – SOS is to help those who have lost a loved one to suicide and resolve their grief and pain in their own personal way. Local chapter meets the second Wednesday of each month at 7:30 at St. Dominics, Church Rd, in Brick.  
Phone:1-732-899-8483 Contact: Dave Thelen Website: <http://www.survivorsof suicide.com>

Survivors of Suicide Awareness of Education-SAVE-A suicide prevention hotline.  
Phone: 1-800-273-8255 Website: <http://www.save.org>

Tragedy Assistance Program for Survivors – TAPS made up of and provides services to, all those who have lost a loved one while serving in the Armed Forces.  
Phone: 1-202-588-8277 Website: <http://www.taps.org> E-mail: [info@taps.org](mailto:info@taps.org)  
Address: 910 17<sup>th</sup> St. NW Suite 800, Washington, DC 20006

Trauma and Loss in Children (National Institute) – TLC is dedicated to helping traumatized children and families restore a sense of safety and reduce the effects of trauma; information available about trauma, resources and training for professionals. Phone: 1-877-306-5356  
Fax: 1-313-885-0390 Website: <http://www.tlcinstitute.org> Address: 900 Cook Road, Gross Pointe Woods, Michigan 48236

Twinless Twins - Serves in support of twins (and all multiple births) who suffer from the loss of companionship of their twin through death, estrangement, or in-utero loss.

Phone: 1-888-205-8962 Website: <http://www.twinlesstwins.org> E-mail: [contact@twinlesstwins.com](mailto:contact@twinlesstwins.com)

### LOCAL HELP HOTLINES

Contact of Ocean County - Dial 211 or 1-732-240-6100 (24 hour crisis intervention help line)  
Website: <http://www.contactocean.org> E-mail: [contactofocean@aol.com](mailto:contactofocean@aol.com)

First Call For Help - dial 211 or 1-732-240-6105 (24 hr. information & referrals)

Psychiatric Emergency Services - Kimball Medical Center - Provides crisis/suicide intervention for psychiatric emergencies. Phone: 1-732-886-4474 (24 hour)

Suicide Hotline - 1-800-249-9090 (Kimball Medical Center)

### Crisis Hotline Information

Al-Anon Family Groups (Addiction/Recovery) 1-888-425-2666

Depression & Crisis Hotline 1-800-784-2433

Families Anonymous (Addiction/Recovery) 1-800-736-9805

National Center for Victims of Crime 1-800-394-2255

National Hispanic Resource Hotline 1-800-473-3003

Post Partum Depression 1-800-944-4773

Suicide Hotline 1-800-Suicide (784-2433) or 1-800-273-TALK (8255) TTY 1-800-799-4889

Spanish 1-800-628-9454

The National Institute for Trauma and Loss in Children (TLC) 1-877-306-5256

### CLEARING HOUSES FOR SELF-HELP GROUPS

N. J. Self-Help Group Clearinghouse - Phone: 1-800-367-6274 or

Mutual Self Help - Phone: 1-800-FOR-MASH Website: <http://www.selfhelpgroups.org>