Grief Support Contacts

A one-page list of verified grief support: 988 and Crisis Text Line, groups for parents and siblings, and children's grief programs and camps.

Letter page · For grieving families, siblings, parents, faith communities

Scan for the web page, sources and downloads

Call or text **988** any time, free and confidential, even just to talk (988 Lifeline). Emergency: call **911**.

Right now

- **988 Suicide & Crisis Lifeline:** call or text 988, or chat at 988lifeline.org. Spanish text and chat too.
- **Crisis Text Line:** text HOME to 741741 (in Spanish, AYUDA to 741741).

Groups for families and siblings

- **The Compassionate Friends:** free peer support after a child dies, for parents and siblings. 877-969-0010
- **COPE Foundation (NY):** free groups for adults whose sibling died, in NYC, Long Island and online.
- **SAMHIN Sahara group:** a free online grief group for South Asian people. samhin.org
- **GriefShare:** Christian, faith-based, church-run weekly groups. griefshare.org

For children and teens

- **Dougy Center** program finder (dougy.org) and **NACG** directory (nacg.org) of kids' grief support.
- **The Jewish Board (NYC):** free grief groups for ages 3-18, in schools and on Zoom. 212-632-4692
- **Free grief camps:** Comfort Zone Camp (ages 7-17) and Experience Camps (mostly grades 4-12).

What you can do today: save 988 in your phone. More in where to find grief support. Listed for information; not our partners.

Sources

1. 988 Suicide & Crisis Lifeline, 988 Suicide & Crisis Lifeline (SAMHSA-funded). https://988lifeline.org/
2. Crisis Text Line, Crisis Text Line. https://www.crisistextline.org/
3. Family Support (siblings), The Compassionate Friends. https://www.compassionatefriends.org/find-support/family-support/
4. Sibling Support Groups, COPE Foundation. https://www.copefoundation.org/support-groups/sibling-support-group/
5. Program Finder, Dougy Center. https://www.dougy.org/program-finder
6. Find Support, National Alliance for Children's Grief (NACG). https://nacg.org/
7. Loss and Bereavement Program for Children and Adolescents, The Jewish Board. https://jewishboard.org/how-we-can-help/childrens-mental-health/loss-and-bereavement-for-children-and-adolescents/
8. Sahara Grief Support Group, SAMHIN. https://samhin.org/sahara-grief-support-group/
9. GriefShare, Church Initiative. https://www.griefshare.org/
10. Comfort Zone Camp, Comfort Zone Camp. https://comfortzonecamp.org/
11. Experience Camps, Experience Camps. https://experiencecamps.org/

Need to talk to someone now? Call or text 988 (988 Suicide & Crisis Lifeline, US). In an emergency, call 911.

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