

Death and Grieving Resources

Numbers to Know

Perform Care a 24 hour/7 days a week line for children and families that can connect you to an in-person counselor within an hour of initial call [1-877-652-7624](tel:1-877-652-7624)

National Suicide Prevention Lifeline 24 hours/7days a week in English, Spanish, and online chat. Also includes resources and support for survivors of suicide [1-800-273-8255](tel:1-800-273-8255)

Free, Local Support

• [Pockets of Light Montclair](#)

Nonprofit that provides support, compassion and hope for women and men who have experienced the loss of a pregnancy or infant.

• [Good Grief](#)

"Good Grief's mission is to provide unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy." Based in Morristown.

• [The Center for Complicated Grief](#)

Based on research from Columbia University, includes free resources for the public and professionals

• [Experience Camp](#)

Free one-week camps for grieving children (closest current location in Pennsylvania)

Blogs & Online Communities

- [Refuge In Grief](#)
- [Modern Loss](#)
- [Life. Death. Whatever](#)
- [What's Your Grief](#)
- [Wife After Death](#)
- [Alliance of Hope \(for suicide survivors\)](#)

Articles

• [One Man's Quest to Change the Way we Die:](#)
New York Time article on how B.J. Miller, a doctor and triple amputee, used his own experience to pioneer a new model of palliative care at a small, quirky hospice in San Francisco.

• [Designing a Better Death:](#)
Fast Company article on improving end-of-life care

• [Can buildings improve the way we die?:](#)
Medium article about hospice design

Books & Cards (short list!)

- [It's ok that you're not ok](#) by Megan Devine
- [A Year to Live](#) by Stephen Levine
- [Death is Stupid](#) by Anastasia Higginbotham
- [Empathy Cards](#) by Emily McDowell

Death & Dying Movement

- [Death Cafe](#)
- [Death & Design](#)

Founder of [Hello](#), a game designed to be an "easy, non-threatening way to start a conversation with your family and friends about what matters most to you." The game works like [this](#)

- [Death over Dinner](#)
- [INELDA \(International End of Life Doula Association\)](#)
They have a searchable database of local death doulas to help families when someone is passing.

Instructions

What to do when someone dies

- [Practical Steps](#)
- [Legal Steps](#)

Podcasts & Meditation

- [The Town That Loves Death](#)
- [Grief as a Shrugging Emoticon](#)
- [Meditation for Encountering Grief](#)