

GRIEF SUPPORT & RESOURCES

WHERE TO START

Employee Assistance Program (EAP)

If your employer offers an EAP, use this confidential service to access resources

GENERAL GRIEF RESOURCES

Allina

Local grief events and support groups

<https://allinahealth.org/health-conditions-and-treatments/grief-resources/support-groups>

Brighter Days Family Grief Center

Family grief center

<https://brighterdaysgriefcenter.org>

Essentia Health Grief Support Services

Information regarding counseling and grief support groups for all age groups

218-786-4402

<https://www.essentiahealth.org/services/behavioral-mental-health-services/grief-bereavement-support>

The Grief Club of Minnesota

Individual/family counseling and peer support groups

<https://griefclubmn.org/>

Grief Share

Grief and loss support groups, in-person or online

<https://www.griefshare.org/>

Family Means Center for Grief & Loss (Fee based)

Individual/couple/family therapy and support groups

651-641-0177

<https://griefloss.org/>

Healing Hearts Connection

Hearts of Hope Family Grief Camp – Two-day camp for families and individuals

651-395-8177

<https://healingheartsconnection.com/>

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Modern Loss

Online community – Candid conversations about grief

<https://modernloss.com/>

GRIEF RESOURCES FOR CHILDREN**Dougy Center**

Support for grieving children and their families

503-775-5683

<https://dougy.org/>

National Alliance for Children's Grief

Resources to support children and teens who are grieving a death

<https://nacg.org/>

LOSS OF AN INFANT OR CHILD**Children's Minnesota**

Bereavement support groups, grief education and events

<https://childrensmn.org/services/family-services/bereavement/bereavement-support-groups/>

The Compassionate Friends

Supporting family after a child dies

<https://compassionatefriends.org/>

Faith's Lodge (Fee based)

Retreats for bereaved parents and their families

<https://faithslodge.org/>

First Candle

Sudden infant death and sleep-related infant death

Grief Line: 800-221-7437

<https://firstcandle.org>

Infants Remembered in Silence

Death of a child during pregnancy, infancy and early childhood

507-334-4748

<https://irisremembers.com>

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Minnesota Center For Stillbirth and Infant Death – Star Legacy Foundation

Support line 952-715-7731 Ext 1

Text: “Help” to 952-715-7731

<https://starlegacyfoundation.org/mncsid>

Sudden Unexplained Death in Childhood Foundation

Unexplained death of a child from 1 to 18 years old

800-620-7832

<https://sudc.org>

LOSS DUE TO SUICIDE, HOMICIDE, OVERDOSE OR ACCIDENTAL DEATH

Survivor Resources

Grief support for those who have lost a loved one due to homicide, suicide, accidental death, or overdose

651-266-5674

<https://survivorresources.org/>

LOSS DUE TO OVERDOSE

GRASP – Grief Recovery After a Substance Passing

For those who have lost someone to substance use or addiction

<https://grasphelp.org/>

LOSS DUE TO SUICIDE

Alliance of Hope

Support for suicide loss survivors

<https://allianceofhope.org/find-support/>

American Association of Suicidology

Free, downloadable handbook for coping with suicide grief,

English and Spanish versions

<https://suicidology.org/resources/suicide-loss-survivors/>

American Foundation for Suicide Prevention

Resources for suicide loss survivors

<https://afsp.org/>

Find a support group

<https://afsp.org/find-a-support-group/>

Friends for Survival

Peer support services for those grieving a suicide death

<https://friendsforsurvival.org/>

916-392-0664 or 800-646-7322

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