

Online Resources by Loss Type

The following are online grief and bereavement resources specific to your loss. We encourage you to contact us if you are interested in a specific topic that is not represented in this list.

Loss of an Infant/Neonatal

[First Candle](#)

No matter how deep your grief and how great your pain, remember that you are not alone. First Candle is here to help you through the difficult time following the death of your baby. Through the distribution of grief packets, referrals to local support groups and other grief resources, conferences and online resources, we help families connect and share experiences.

[Share Pregnancy and Infant Loss Support, Inc.](#)

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve 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.

[Honored Babies](#)

Primarily, Honored Babies is a support and resource organization for women whose babies have died. It also supports family members and informs the community, although that's not the focus. When a baby dies from miscarriage, ectopic pregnancy, pregnancy termination, stillbirth, neonatal death, or infant death, it's not really the community that is grieving; it is the immediate family. Because the perspective is that of a woman who has experienced the death of several babies, Honored Babies is primarily an organization for women.

[The National Center for Education in Maternal and Child Health](#)

Part of Georgetown University, The National Center for Education in Maternal and Child Health offers a variety of resources.

Loss of a Child (Adult and Youth)

[Alive Alone](#)

Alive Alone is an organization for bereaved parents, whose only child or all children are deceased. This site provides a self-help network and publications to promote communication and healing, to assist in resolving grief, and a means to reinvest in life for a positive future.

[Bereaved Parents of the USA \(BP/USA\)](#)

Bereaved Parents of the USA (BP/USA) is a national non-profit self-help group that offers support, understanding, compassion and hope especially to the newly bereaved be they bereaved parents, grandparents or siblings struggling to rebuild their lives after the death of their children, grandchildren or siblings.

[Compassionate Friends](#)

Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life altering experience, Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process. There is also a listing of local support groups in Ohio.

Loss of a Spouse

[AARP](#)

AARP offers a guide for the newly widowed.

[WidowNet](#)

Established in 1995, WidowNet is the first online information and self-help resource for, and by, widows and widowers. Topics covered include grief, bereavement, recovery, and other information helpful to people, of all ages, religious backgrounds and sexual orientations, who have suffered the death of a spouse or life partner.

Loss of an Adult Parent

[Alexandra Kennedy](#)

The death of a parent is a life-shaking event, shaking the foundation of one's life and undermining familiar supports. It is an important life passage in the life cycle and this site has information and resources to help guide you along this journey.

[Self-Healing Expressions](#)

Understand the nature of grief and loss and their potential impact on all aspects of your life: physical, financial, emotional, social and spiritual. Learn how to move through grief actively and make the process of mourning a healing one. Find support and guidance in dealing with the many facets of grief.

Child or Adolescent Grieving

[Joel's Place for Children](#)

At Joel's Place for Children, we provide peer support groups for school-aged children who have experienced the death of a family member. Children can express feelings, share memories and honor the loved one in a supportive and hope-filled environment.

[Children's Grief Education Association](#)

CGEA offers great resources to help you support and care for children who are grieving the loss of a loved one. The death of a parent or other loved one has a lasting influence on a child's life. Compassion, care, connection, understanding and patience can help. No one should face grief alone. CGEA offers support to children, teens, families & to those who care for them. Community awareness and support help children heal from loss and excel in life.

[Kidsaid](#)

Kidsaid is a safe place for kids to help each other deal with grief and loss. It's a place to deal with feelings in our e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers.

[Grief Speak](#)

Grief Speak is a program where teens experiencing grief and loss can find their voice. There are many useful articles and resources on this site for teens.

[Sesamestreet](#) When Families Grieve provides resources and emotional support to families with young children, ages 2-8, coping with challenging transitions in their lives.

Loss to Suicide

[American Association of Suicidology \(AAS\)](#)

The American Association of Suicidology (AAS) provides Directory of Support Groups listed by state. Also includes support groups in Canada.

[Friends and Families of Suicide](#)

Friends and Families of Suicide is an e-mail support group for those whose lives have been affected by suicide.

[Parents of Suicide](#)

A mailing list that provides a supportive environment for parents whose children have died of suicide.

[Sibling Survivors](#)

An individual runs this website to provide online resources for sibling suicide survivors.

Loss to Murder

[Parents of Murdered Children Inc.](#)

Parents of murdered children make the difference through on-going emotional support, education, advocacy and awareness. They provide support and assistance to all survivors of homicide victims while working to create a world free of murder. There is a list of local chapters in Ohio.