

Resources for students experiencing loss and grief

Crisis Lines

- Crisis Text Line: Text "Gulf" to 741741
- National Suicide Prevention Lifeline: 1-800-273-8255
- Disaster Distress Helpline: 1-800-985-5990
- Disaster Distress Textline: Text "TALKWITHUS" to 66746

Support for Grieving College Students/Young Adults

- <https://healgrief.org/actively-moving-forward/college-student-grief/>
- <https://www.thedinnerparty.org/>

COVID-19 Loss

- <https://www.cnbc.com/2020/04/10/how-to-cope-with-grief-during-the-covid-19-pandemic.html>
- <https://www.apa.org/topics/covid-19/grief-distance>
- <https://www.verywellmind.com/understanding-grief-in-the-age-of-the-covid-19-pandemic-4801931>
- <https://www.psychologytoday.com/us/blog/bravery-in-bereavement/202004/how-cope-bereavement-during-the-covid-19-pandemic>
- <https://www.psychologytoday.com/us/blog/love-and-sex-in-the-digital-age/202003/covid-19-and-the-grief-process>
- <https://www.econdolence.com/covid-19-guidance/grief-and-mourning-during-covid-19-coronavirus/>
- <https://www.nami.org/covid-19-guide>

General Grief Support

- HealGrief: Resources, tools, and social support
<https://healgrief.org/>
- Coping With Grieving and Loss
<http://www.helpguide.org/articles/grief-loss/coping-with-grief-and-loss.htm>
- The Grief Toolbox
<http://thegrieftoolbox.com/>
- Life after Loss: Dealing with Grief
<https://cmhc.utexas.edu/griefloss.html>
- Grieving
<http://forums.grieving.com/>
- Major Depression and Complicated Grief
<https://www.cancer.org/treatment/end-of-life-care/grief-and-loss/depression-and-complicated-grief.html>
- Trauma Intervention Programs: Resources and handouts
<http://www.tipnational.org/resources.htm>

How to Support Those Who Are Grieving

- How to Support The Bereaved

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/grief-how-to-support-the-bereaved>

- How to Help a Grieving Person

<http://www.funeralplan.com/griefsupport/help.html>

- How to Help Someone Who is Grieving

<http://www.journeyofhearts.org/grief/help.html>

- Helping Grieving Parents

<http://americanhospice.org/working-through-grief/helping-a-grieving-parent/>

- When an Employee or Coworker is Grieving the Death of A Child

<https://www.compassionatefriends.org/find-support/employees-co-workers/>

- Helping Your Child Deal With Death

<http://www.kidshealth.org/parent/emotions/feelings/death.html>

- Guidelines for Parents to Help Their Grieving Children Through Death

<http://americanhospice.org/grieving-children/165-2/>

- The Grieving Teen

<http://americanhospice.org/grieving-children/someone-you-love-has-died-a-book-for-grieving-children/>

Support for Grieving Children

- National Alliance for Grieving Children

<http://childrengrieve.org/>

- Kidsaid

<http://www.kidsaid.com/>

- The Dougy Center

<https://www.dougy.org/grief-resources/>

- Comfort Zone Camp

<http://www.comfortzonecamp.org/>

- Death and Grief

<http://kidshealth.org/en/teens/someone-died.html>

Support for Grieving Parents

- Bereaved Parents of the USA

<https://bereavedparentsusa.org/>

- CJ First Candle

<http://cjfirstcandle.org/>

- Parent Grief Support Directory

<http://www.live-evermore.org/parent-grief-support-directory>

- MISS Foundation

<http://www.missfoundation.org/>

- The TEARS Foundation

<http://www.thetearsfoundation.org/>

Support for Widows and Widowers

- A Guide for the Newly Widowed
http://www.aarp.org/relationships/grief-loss/info-2005/newly_widowed.html
- National Widowers Association
<http://www.nationalwidowers.org/>
- Widow Net
<http://widownet.org/>
- 10 Places Grieving Widows Can Get Help
http://www.huffingtonpost.com/gloria-horsley/ten-places-grieving-widow_b_8039916.html

Support for Military Families

- American Gold Star Mothers
<http://www.goldstarmoms.com/>
- Gold Star Wives
<http://www.goldstarwives.org/?>
- Operation Stephens Touch
<http://www.stephentouch.org/>
- Tragedy Assistance Programs for Survivors
<http://www.taps.org/survivors/>
- US Department of Veteran Affairs
https://www.vetcenter.va.gov/Bereavement_Counseling.asp

Local Resources

- Covenant Care Bereavement Services, 1-855-CARE365 (1-855-227-3365)
- GriefShare: 13 Week Support Group for adults who have lost a loved one. For more information please call Kerri Riggs, LCSW at 850-416-7705
- The Table, Widow Grief Support Group, Cokesbury United Methodist Church, 5725 N 9th Ave., Pensacola FL 32504 Tel: 850-476-5818
- The Compassionate Friends (after loss of a child) Cokesbury United Methodist Church, 5725 N 9th Ave., Pensacola FL 32504 Tel: 850-476-5818

Counseling Escambia County

- Adult & Child Mental Health Care, LLC (Counseling Therapy Services) Tel: 850-466-3200 www.acmhc-fl.org
- Escambia Community Clinics, Inc. (Behavioral Health services through Licensed Clinical Social Worker and Family Psychiatric-Mental Health Nurse Practitioner) Tel: 850-436-4630 www.ecc-clinic.org
- Cordova Counseling Center 4400 Bayou Blvd Suite 8, Pensacola FL 32503 Tel: 850-474-9882 (Solution-focused mental health clinic) www.cordovacounselingcenter.com
- Pensacola Therapy Services, Inc. 4300 Bayou Blvd, Ste. 21, Pensacola, FL 32503 Tel: 850-418-4990 www.pensacolatherapyservices.com
- Florida Therapy Services, Inc. 6425 N. Pensacola Blvd, Bldg 2 Ste. 2, Pensacola, FL 32505 Tel: 850-471-0017 www.flatherapy.com
- Faith & Hope Counseling Center 9999 Chemstrand Rd, Pensacola FL 32514 Tel: 850471-3430 Ext. 101 www.faihandhopecounseling.com (Faith-based counseling, sliding fee scale available)

Counseling Santa Rosa County

- Santa Rosa Counseling Center, 5462 Jones Street, Milton FL 32570 Tel: 850-626-7779 www.santarosacounselingcenter.com (accept most insurance; will provide mental health services regardless of patient's ability to pay)
- Santa Rosa Community Clinic 5520 Stewart St, Milton FL 32570 Tel: 850-981-9433 www.ecc-clinic.org
- Avalon Center of Lakeview 6024 Spikes Way, Milton FL 32570 Tel: 850-437-8900 www.elakeviewcenter.org (outpatient counseling and psychiatric services)
- The Anchor Clinic 7552 Navarre Parkway, Unit 43, Navarre FL 32566 Tel: 850-684-3884