



Burlington County Grief and Loss Resource List

Updated: 12/13/2024

<u>Helpful Resources</u>	<u>Counseling Services</u>	
<p>National Mental Health Hotline: (866) 903-3787</p>	<p>Caring Counselors: Mental Health and Psychiatric Counseling Center providing specialized care for individual needs & in-home child services: (856) 269-0019</p>	
<p>Crisis Text Line: Text 'Home' to 741-741</p>	<p>NBC Counseling Center/Burlington Comprehensive Counseling: Mental Health Program: Provides outpatient services including individual & group therapy, behavioral assessments, therapeutic interventions, care management, and medication management. Mt. Holly: (609) 267-3610, New Brunswick: (732) 246-4025</p>	
<p>Family Help Line: 24-hour Family Helpline to access information & referrals to community agencies in your area: 1-800-843-5437</p>	<p>Catholic Charities: Early Intervention Services (EISS): Offers counseling services, psychiatric consultations, medication and prescription monitoring, case management services and coordination of community resources, and peer support services & support groups: (609) 386-7331</p>	
<p>988: Suicide & Crisis Prevention Lifeline. 24/7 free, confidential support to anyone in emotional distress or suicidal crisis.</p>	<p>The Alcove Center for Grieving Children & Families: Individual & family, virtual and in-person therapy services: (609) 484-1133</p>	
<p>Disaster Distress Helpline: (800) 985-5990</p>	<p>CURE Childhood Cancer: Offers services to those who have a child who has been diagnosed with, relapsed with, or passed away from cancer, LCH, HLH, or aplastic anemia. Chelsea Key at (770) 986-0035 ext. 39 or chelsea@curechildhoodcancer.org</p>	
<p>Caring Contact: Free, compassionate & confidential support over the phone: (908) 232-2880</p>	<th data-bbox="716 621 1572 678"><u>Support Groups</u></th>	<u>Support Groups</u>
<p>Grief Speaks: This website is designed to provide a wealth of information, encouragement, & resources to grievers and those who support them.</p> 	<p>Rap Room- Parent to Parent: Support and grief groups for parents and loved ones of those dealing with a substance/alcohol use disorder: (856) 983-3328 or p2p@raproom.org</p>	
<p>2nd Floor Youth Helpline: Supports children & youth by covering topics such as Grief & Loss, Trauma/PTSD, and Loneliness: 888-222-2228</p>	<p>Samaritan Southern New Jersey: Offers different online and in-person grief support groups & services</p> 	
<p>Vet Center Call Center: Available 24 hours a day, 7 days a week: 1-877-927-8387</p>	<p>Helping Hand Grief Support: Support groups that cover topics such as child loss, spouse loss, friend loss, family loss, loss due to suicide, and loss due to substance use: (609) 953-7333 ext. 309 or hhgriefsupport@aol.com</p>	
<p>Warm Line for Veterinary Loss: 833-483-8247</p>	<p>Imagine: Offers peer grief support groups for NJ children (ages 3-18) & young adults (age 18-30), who are coping with a loss including a parent, a sibling, or significant person in their life. Peer grief support groups for parents who lost a child (ages 0-25). Adult grief support groups are offered in English & Spanish: (908) 264-3100</p>	
<th data-bbox="45 1077 716 1182"><u>Literature</u></th> <td data-bbox="716 1077 1572 1182"> <p>Partnership to End Addiction: Peer Parent Coaches offer many different support groups for parents and loved ones of someone who has passed from substance use disorder. Services available in both English and Spanish.</p>  </td>	<u>Literature</u>	<p>Partnership to End Addiction: Peer Parent Coaches offer many different support groups for parents and loved ones of someone who has passed from substance use disorder. Services available in both English and Spanish.</p> 
<p>TherapistAid.com: Grief Worksheets, Interactives, Videos, and Articles on various topics surrounding grief. For children, teens, & adults. Free downloadable worksheets are available in English, Spanish, and Ukrainian.</p> 	<p>GIERS (Grief Information, Education, & Recovery Services): Provides services to assist individuals, families, & organizations recovering from a wide range of losses. Bereavement groups for adults, teens, and children: (732) 577-1076</p>	
<p>Permission to Mourn: A New Way to do Grief: by Tom Zuba</p>	<p>GriefShare: Offers in-person and online grief & loss support groups that provide valuable tips, encouragement, and direction.</p> 	
<p>You Are the Mother of All Mothers: by Angela Miller</p>	<p>Compassionate Friends: Family support group for the death of a child (including adult children). Open to parents, adult siblings and grandparents; regardless of circumstances, child's age or how recently the death occurred. Also offers self-help support groups & phone support. Melanie: (609) 724-4556 or mfileming207@comcast.net</p>	
<p>Grief Recovery Handbook: by John W. James & Russell Friedman</p>	<p>Three Little Birds: Pregnancy and infant loss support.</p> 	
<p>Healing After Loss: Daily Meditations for Working Through Grief: by Martha W. Hickman</p>	<p>Veterinary Chaplain: Support when you lose your pet.</p> 	
<p>Grief One Day At A Time: by Alan D. Wolfelt, PHD</p>	<p>H.O.P.E. Helping Other People Evolve: Assists recently widowed persons of all ages to bravely get over natural stages of grief by giving support, encouragement for the future & providing essential information: (856) 234-2200 or hopesnjhelps@gmail.com</p>	
<p>Anxiety: The Missing Stage of Grief: by Grief Expert, Claire Bidwell Smith</p>	<p>SAD DAD'S CLUB: Hosts various, specialized virtual meetings throughout the month via the private Discord channel.</p> 	
<p>Shapes of Grief: Award-Winning Grief Training & Grief Podcast: Grief Psychotherapist, Liz Gleeson</p>	<p>HALO (Healing After Loss to Overdose): A program for families & friends who have lost someone to the disease of addiction: (609) 238-0229 to register</p>	