

Kids and Car Safety Family Support Resources

Frequently Used Resources for Grieving Families

When you're carrying something as heavy as grief or trauma, you deserve support that meets you with care. If you feel unsafe, overwhelmed, or simply need someone to talk to right away, the following resources are available. You do not have to go through this alone.

Emergency Services

In the event of an emergency, dial 911 for police, fire, and medical services or go to your nearest emergency room. You are not a burden. You deserve safety and care.

988 Suicide and Crisis Lifeline

Individuals may also contact the Suicide and Crisis Lifeline by dialing 988. Available 24/7, they accept calls, text, chat, and videophone for those who are deaf and hard of hearing. They also have counselors available for Veterans and Spanish-speaking individuals. 988 provides immediate emotional support, crisis intervention, and someone to talk to at any hour. You do not need to be in any imminent danger to reach out. Many people call simply because they feel overwhelmed or alone. More information about the helpline, including what to expect when you call, is available here: <https://988lifeline.org/>.

Crisis Text Line

Connect with trained crisis counselors through text. Text HOME to 741741.

The National Alliance for Grieving Children

Connects families with local grief centers, peer groups, and counselors who specialize in child and family trauma. For more information, please visit childrengrieve.org/find-support.

211: Local Resources and Community Support

For basic needs like housing, income support, mental health services, counseling, support groups, emergency assistance, health care, case management, etc., dial 211 for confidential access to a directory of local resources or search by zip code here: <https://www.211.org/>.



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Kids and Car Safety offers one-on-one connections and peer support, educational materials and webinars, Healing Circles, community spaces, and survivor advocacy for individuals who have been impacted by non-traffic vehicle incidents. These include, but are not limited to, hot car, backover, frontover, and car submersion fatalities and injuries. www.kidsandcars.org

The Hyacinth Fellowship offers virtual meetings bringing together individuals who have unintentionally harmed someone for mutual support. In addition, they offer monthly online journaling workshops and a book club for those grieving traumatic loss. <https://hyacinthfellowship.org/>.

The Dougy Center provides grief support for children, teens, and young adults before and after a death. www.dougy.org.

HealGrief is a social support network providing one-on-one support, resources, artistic expression, and facilitated virtual support. They also support the ActivelyMovingForward (AMF) app. www.healgrief.org.

Compassionate Friends provides personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family with in-person and online support, including private social media groups. www.compassionatefriends.org

Bereaved Parents of the USA has chapters across the country to help grieving parents and families rebuild their lives after the death of a child. www.bereavedparentsusa.org

Mental Health America's trauma and PTSD information and support screening and resources can be found here: <https://screening.mhanational.org/trauma-ptsd/>. Also available in Spanish.



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Counseling Locators

American Association of Marriage and Family Therapists can be found here:
https://www.aamft.org/AAMFT/directories/find_a_therapist.aspx

EMDR Practitioners: Eye Movement Desensitization and Reprocessing therapy is research-backed and proven to help people recover from trauma and distressing life experiences. <https://www.emdria.org/find-an-emdr-therapist/>

Psychology Today Finder helps you locate a therapist, psychologist, or counselor by location, including health insurance coverage. <https://www.psychologytoday.com/us>

Recommended Reading

- *Accidental Killing: A Survivor's Handbook* by Maryann Gray and Chris Yaw
- *Accidental: Rebuilding a Life After Taking One* by Davide Peters
- *Self-Compassion: The Proven Power of Being Kind to Yourself* by Kristen Neff
- *Freedom from Guilt and Blame: Finding Self-Forgiveness* by Darlene Lancer
- *Grieving Dads: To the Brink and Back* by Kelly Farley and David Dicola (also has a complementary workbook available)
- *Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief* by Joanne Cacciatore, PhD.
- *The Unspeakable Loss: How Do You Live After a Child Dies?* By Nisha Zenoff, PhD
- *It's Ok that Your Not Okay: Meeting Grief and Loss in a Culture that Doesn't Understand* by Megan Devine



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Frequently Used Resources for Grieving Families

Podcasts & Articles

- **All There Is with Anderson Cooper** is a podcast on grief available on any platform you get your podcasts
- **The Sorrow and the Shame of the Accidental Killer** by Alice Gregory (New Yorker article)
- **What Happens to Your Life After You Accidentally Kill Someone?** An article in The Guardian
- **It Hurts to Hurt Someone** a TEDxUCLA presentation by Maryann Jacobi Gray

Resources for Pet Loss

- **ASPCA Pet Loss Helpline** 877-GRIEF-10 (877-474-3310)
- **Lap of Love Pet Loss and Bereavement Resource Hotline** (855) 352-LOVE (5683)
- **Association for Pet Loss and Bereavement (APLB)** Recommended Reading List found here: <https://www.aplb.org/recommended-reading/>

*This is not an exhaustive list. Please contact Kids and Car Safety staff if you need additional assistance or cannot find what you are looking for.

