

## Virtual Grief Support Groups

The most important factor in healing from the loss of a loved one is receiving support from other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss with supportive people makes the burden of grief easier to carry. Wherever the support comes from, try to accept it and do not grieve alone. Connecting to others will help you heal.

### Find Support After a Loss

Turning to friends and family members for support is important. They can offer guidance and care. Still, sometimes you need more than friends and family. Virtual support groups can offer great assistance.

### Virtual Support Can Help

Sharing your sorrow with others who have experienced similar losses may help with processing your own grief. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers for suggestions. Here are a few recommended online sources for virtual grief support:

- Comfort for Bereavement

<http://www.comfort-for-bereavement.com>

This website offers ideas on managing grief to those who want to help loved ones in mourning. It also discusses bereavement stages and shares relevant poems, scriptures, and prayers for comfort.

- Grief Healing Support

<http://www.grief-healing-support.com>

This website helps those who are grieving after the death of a loved one.

- Compassionate Friends

<http://www.compassionatefriends.org>

This online support group assists families who are grieving from the death of a child of any age. It offers friendship, understanding and hope to bereaved parents, grandparents, and siblings.

- Journey Through Grief

<http://www.journey-through-grief.com>

Learn about different ways of coping with grief, trauma, loss and sorrow on this helpful website.

- Grief Net

[www.GriefNet.org](http://www.GriefNet.org)

This website has nearly 40 different email support groups, as well as a wealth of other grief-related resources.

- Tragedy Assistance Program for Survivors

<http://www.taps.org>

Every year, hundreds of soldiers, sailors, airmen and marines die in service to our country. Tragedy Assistance Program for Survivors (TAPS) helps provide comfort, support, and care to military survivors and their families.