

Grief & Bereavement Information Guide

The purpose of this guide is to help you find information and support on grief and bereavement. This guide provides links and references to reliable and current information sources for patients, families, and caregivers.

Many of these materials are available to purchase through online resources, or to borrow at your public library.

Brochures and Fact Sheets

- Caring Connections
There is No Right or Wrong Way to Grieve after a Loss. Available online at:
<http://caringinfo.org/files/public/brochures/There is no Wrong or Right Way to Grieve After a Loss.pdf>
- Hospice Foundation of America. **What You Need to Know About Grief.**
Available online at:
<http://aphospice.com/wp-content/uploads/2014/11/Understanding-Grief.pdf>
- University of Michigan Rogel Cancer Center. **Grief and Loss Coping with the death of a loved one.** Available online at:
<https://www.rogelcancercenter.org/files/grief-and-loss-booklet.pdf>

Books

- Dresser, Norine and Fredda Wasserman. **Saying Goodbye to Someone You Love: Your Emotional Journey Through End of Life and Grief.** New York: Demos Health Publishing, 2010.

- Feinberg, Linda. **I'm Grieving as Fast as I Can: How Young Widowers and Widows Can Cope and Heal.** Far Hills, NJ: New Horizon Press, 2013.
- Grollman, Earl A. **Living When a Loved One Has Died.** London, UK: Souvenir Press Ltd., 2014.
- James, John W. and Friedman, Russell. **The Grief Recovery Handbook, 20th Anniversary Expanded Edition.** New York, NY: William Morrow Paperbacks, 2017.
- Martin, John D. **I Can't Stop Crying: Grief and Recovery, A Compassionate Guide.** Toronto, ON: McClelland & Stewart, 2013.
- Noel, Brook & Blair, Pamela. **I Wasn't Ready to Say Goodbye: Surviving, Coping & Healing After the Sudden Death of a Loved One.** Sourcebooks, 2008.
- Walton, Charlie. **When There Are No Words: Finding Your Way to Cope with Loss and Grief.** Ventura, CA: Pathfinder, 1996.
- Wolfet, Alan. **Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart.** Ft. Collins, CO: Companion Press, 2004.

Web Resources

- Griefnet

<http://griefnet.org>

An online community of people working through grief and loss issues of many kinds. Includes 47 email support groups, memorials, and resources for specific circumstances of loss.

- **Journey of Hearts**

<http://journeyofhearts.org>

A healing place with resources and support to help those in the grieving process following a loss or a significant life change.

- **National Cancer Institute. Grief, Bereavement, and Coping With Loss (PDQ®)–Patient Version.**

<https://www.cancer.gov/about-cancer/advanced-cancer/caregivers/planning/bereavement-pdq>

This section defines grief and bereavement and describes the different types of grief reactions, treatments for grief, and other important issues such as coping skills and cultural responses.

- **Support for Caregivers: When Someone you Love has Advanced Cancer**

<https://www.cancer.gov/publications/patient-education/When-Someone-You-Love-Has-Advanced-Cancer.pdf>

University of Michigan Resources

- **Grief and Loss Program** at the University of Michigan Rogel Cancer Center

<https://www.rogelcancercenter.org/support/managing-emotions/grief-and-loss-program>

This site contains information about events and resources for families dealing with loss. The online booklet “Coping with Transitions” has valuable information for people who have just lost a loved one.

Community Resources

- Hospice Directory

<http://hospicedirectory.org>

Hospice programs may also offer programs for the bereaved and can be contacted for this information.

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