



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://goo.gl/sbRbXu>
- 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>
- The Leukemia/Bone Marrow Transplant Program of BC. **Helping Yourself Heal When Someone Dies.** Available online at:
<http://goo.gl/DmDnnD>
- University of Michigan Rogel Cancer Center. **Grief and Loss Coping with the death of a loved one.** Available online at:
<https://www.mcancer.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.

Audiovisual Resources

- Shining Light Productions. **Gifts of Grief.** 2005 (52 minutes). This documentary explores how a unique group of people embrace their pain; learn to live with their loss, and how to engage in life with more compassion, courage, and awareness. To order, go to: <http://giftsofgrief.com>

Web Resources

- **Compassionate Friends**
<http://compassionatefriends.org/home.aspx>
This national organization assists families grieving the loss of a child at any age.
- **Grief Center**
<http://goo.gl/WZnjax>
Provided by the American Hospice Foundation, this site has information about caregiving at the end of life, and an extensive section on grief that focuses on the newly bereaved.
- **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.
- **Hospice Net Section on Bereavement**
<http://hospicenet.org/html/bereavement.html>
Includes information on frequently asked questions and the grieving process.
- **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 section on Grief, Bereavement, and Coping with Loss**
<http://mccancer.org/support/managing-emotions/grief-and-loss-program>
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.

University of Michigan Resources

- **Grief and Loss Program** at the University of Michigan Rogel Cancer Center
<http://mcacner.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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Document # 00184/ Compiled by Amy Hyde, MILS, Patient Education Resource Librarian

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