
SELECT RESOURCES FOR FAMILIES DEALING WITH A SUBSTANCE-RELATED DEATH

Books on Grief & Loss

- ❑ *From Heroin to Hope: Making Sense of the Loss of a Child* by Marsha Wiggins
- ❑ *Grief Diaries Surviving Loss by Overdose* by Lynda Cheldelin Fell, Shannie Jenkins and Whitney O'Brien (Author)
- ❑ *Understanding Your Grief after a Drug-Overdose Death (Words of Hope and Healing)* by Alan Wolfelt
- ❑ *Living When a Loved One Has Died: Revised Edition* by Earl Grollman
- ❑ *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One (A Compassionate Grief Recovery Book)* by Brook Noel
- ❑ *Healing After Loss: Daily Meditations For Working Through Grief* by Martha Whitmore Hickman
- ❑ *When the Bough Breaks: Forever After the Death of a Son or Daughter* by Judith R. Bernstein
- ❑ *Losing Jonathan* by Robert P. Waxler
- ❑ *Beyond Tears: Living After Losing a Child, Revised Edition* by Ellen Mitchell
- ❑ *Life Between Falls: A Travelogue Through Grief and the Unexpected* by Julie Lange
- ❑ *When a Child Dies From Drugs: Practical Help for Parents in Bereavement* by Pat Wittberger
- ❑ *You Are the Mother of All Mothers* by Angela Miller
- ❑ *I Am Your Disease* by Sheryl McGinnis
- ❑ *Navigating Grief: A Guided Journal: Prompts and Exercises for Reflection and Healing* by Mia Roldan
- ❑ *When Someone Very Special Dies* by Marge Heegaard (Children's Book)
- ❑ *When Something Terrible Happens* by Marge Heegaard (Children's Book)

- *The Next Place* by Warren Hanson (Children's Book)

Support Groups and Online Resources

- Grief Recovery After Substance Passing (GRASP): In person and online support groups and resources <http://grasphelp.org/>
- Compassionate Friends: In person and online support groups <https://www.compassionatefriends.org/>
- Hope Floats: Offers many online support groups specific to different groups (e.g., siblings, people who have been grieving for 5 or more years) <https://www.hopefloatswellness.org/>
- The Sun Will Rise Foundation: Grief support groups specific to drug-related deaths are offered in person across South Shore, via Zoom, and the Facebook community. <https://www.thesunwillrise.org/>
- What's your grief? <https://whatsyourgrief.com/>
- SADOD - Support After a Death by Overdose: Resources, information, and assistance to people throughout Massachusetts who have been affected by the death of someone they care about from a substance-use-related cause. The website includes a support group directory, as well as a free grief booklet. <https://sadod.org>

Videos

- *Refuge in Grief* (only 3 min) <https://youtu.be/l2zLCCRT-nE>
- *My son Danny: The truth about substance use, stigma and overdose* by Petra Schulz at TEDxMacEwanU <https://youtu.be/8GndHHT82fU>

Advocacy Groups

- Team Sharing Inc.: A national organization of parents who have lost a child to Substance Use Disorder (SUD) <https://www.teamsharinginc.org/>
- Moms Stop the Harm: A network of Canadian families whose loved ones have died due to substance use or who have loved ones coping with addiction <http://www.momsstoptheharm.com/>

For questions or additional information please email EmpoweringFamilies@bmc.org or Alicia Ventura at alicia.ventura@bmc.org