

GALLIA COUNTY RESOURCES

Associates in Psychology & Therapy, Inc.

304-302-0526

5187 US Route 60 E. Suite 11

Huntington, WV 25705

wpsychologist.com

Couples Counseling, Child/Adolescent Counseling

Private Insurance, Molina Medicaid

Integrated Services

1591 State Route 160

Gallipolis, OH 45631

740-208-5554

integratedservice.org

Behavioral Health, Counseling

Medicaid Plans

GRIEFSHARE

Multiple locations—please visit www.griefshare.org

to find a location near you or call 800-395-5755

Typically a \$10-15 fee for workbook

National Suicide Prevention Line

1-800-273-Talk

You don't have to be suicidal to call for support. They will listen and also help find resources in your community.

No Cost

Holzer Hospice

2881 State Route 160

Gallipolis, OH 45631

740-446-5074

Grief Support

No Cost

Ohio Suicide Prevention Foundation

24-Hour Crisis Line/Emergency Services

800-252-5554

No Cost

Hopewell Health Centers

3086 OH-160

Gallipolis, OH 45631

740-446-5500

hopewellhealth.org

Behavioral Health, Counseling

Private Insurance, Sliding Scale, Medicaid

Psychology Today

psychologytoday.com

Visit Psychology Today to find therapists near you

THINGS TO CONSIDER:

- ◇ Hospice programs and hospitals provide grief support groups to everyone in the community, your family did not have to be involved at that location to attend groups.
- ◇ When you call one of these providers, ask if they accept your insurance.
- ◇ Grief support groups often change times/days of their groups. Call ahead for their current schedule.

Grief Support Books and Websites

General Grief Resources

“It’s OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn’t Understand” by Megan Devine

“Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief” by Joanne Cacciatore

“Passed and Present: Keeping Memories of Loved Ones Alive” by Therese Rando

“Healing Your Grieving Heart: 100 Practical Ideas” by Alan Wolfelt

whatsyourgrief.com/

hcornerstoneofhope.org/resources/

Grief Resources for Children

“When Someone Very Special Dies: Children Can Learn to Cope with Grief” by Marge Heegaard

“The Invisible String” by Patrice Karst

“I Miss You: A First Look at Death” by Pat Thomas

doug.org/grief-resources/help-for-kids/

Grief Resources for Teens

“Weird Is Normal When Teenagers Grieve” by Jenny Lee Wheeler

“Modern Loss: Candid Conversations About Grief. Beginners Welcome.” by Rebecca Soffer and Gabrielle Birkner

“Chill & Spill: A Place to Put it Down & Work it Out” (Teen grief journal) by Stephanie Lorig

“Healing Your Grieving Heart Journal for Teen” by Alan Wolfelt

“Deconstruction/Reconstruction: A Grief Journal for Teens” by the Dougy Center

doug.org/grief-resources/help-for-teens/

Grief Resources for the Loss of a Child

“And Still She Laughs: Defiant Joy in the Depths of Suffering” by Kate Merrick

“Healing a Parent’s Grieving Heart: 100 Practical Ideas After Your Child Dies” by Alan Wolfelt

“Surviving the Unthinkable: The Loss of a Child” by Janice Bell Meisenhelder

“Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death” by Sherokee Ilse

bereavedparentsusa.org/

Grief Resources for the Loss of a Spouse

“A Widow’s Business: A Practical Guide Through the First Year After the Death of a Spouse” by Liz Swiertz

“Option B: Facing Adversity, Building Resilience, and Finding Joy” by Sheryl Sandberg

“When Your Soulmate Dies: A Guide to Healing Through Heroic Mourning” by Alan Wolfelt

nationalwidowers.org/

Grief Resources for the Loss of a Parent (for Adult Children)

“The Orphaned Adult: Understanding and Coping With Grief and Change After the Death of Our Parent” by Alexander Levy

“Healing the Adult Child’s Grieving Heart: 100 Practical Ideas After Your Parent Dies” by Alan Wolfelt

“Healing After the Loss of Your Mother: A Grief and Comfort Manual” by Elaine Mallon

“The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives” by Denna Babul & Karin Luise

www.griefincommon.com/blog/category/loss-of-parent/

Grief Resources for Suicide Loss

“Finding Peace Without all the Pieces: After a Loved One’s Suicide” by LaRita Archibald

“My New Normal: Surviving Suicide Loss” by Anna Cambria

“The Wilderness of Suicide Grief” by Alan Wolfelt

losscs.org/find-support-for-suicide-loss-survivors/

Grief Resources for the Loss of a Sibling

“Grief Diaries: Loss of a Sibling” by Lynda Cheldelin Fell

“Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies” by T.J. Wray

“Healing the Adult Sibling’s Grieving Heart: 100 Practical Ideas After Your Brother or Sister Dies” by Alan Wolfelt

Organ and Tissue Donation Resources

“Through A Child’s Eyes: Explaining death, organ donation, cremation, burial and cemeteries to young children using terminology they can understand” by Karen A. Longstreth

“The Gift that Heals: Stories of hope, renewal and transformation through organ and tissue donation” by Reg Green