

### **Counseling Matters**

State Route 224

Ottawa, OH 45875

419-538-6000

[counselingmattersinc.com](http://counselingmattersinc.com)

Counseling for all ages

*Private Insurance, Medicaid, Medicare*

### **GRIEFSHARE**

Multiple locations—please visit [www.griefshare.org](http://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. If you are having a challenging day, they are happy to listen and also help find resources in your community.

*No Cost*

### **Ohio Suicide Prevention Foundation**

24-Hour Crisis Line/Emergency Services

800-468-4357

*No Cost*

### **Pathways Counseling Center**

419-523-4300

Crisis Line: 1-800-567-4673

835 North Locust Street

Ottawa, Ohio 45875

[pathwaysputnam.org](http://pathwaysputnam.org)

Counseling, Psychiatry, Substance Use Services

*Private Insurance, Medicare, and more*

### **Psychology Today**

[psychologytoday.com](http://psychologytoday.com)

Visit Psychology Today to find therapists near you

### **Psychosocial Associates**

419-659-5998

200 North High Street

Columbus Grove, OH 45830

Counseling

*Call for insurance info*

### **Putnam County Homecare & Hospice**

575 Ottawa-Glandorf Road Suite #3

Ottawa, OH 45875

419-523-4449

[pchh.net](http://pchh.net)

*Grief Support Group, Events, Children's Grief Camp*

### 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/](http://whatsyourgrief.com/)

[hcornerstoneofhope.org/resources/](http://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/](http://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/](http://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/](http://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/](http://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/](http://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/](http://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