
Web Support Sites:

- *www.deathteaches.com/resources/
- *thegriefftoolbox.com/whatisgrief
- *journeyofhearts.org/grief/accident2.html
- *bereavedparentsusa.org/
- *www.bpusabuff.org
- *m.wikihow.com/Survive-the-Death-of-Your-Child

Facebook Support Sites

- *facebook.com/groups/HeroinMemorial/
- *facebook.com/IHateHeroin/?fref=ts
- *facebook.com/groups/WeHateHeroin/
- *heroinsupport.org/grief-support-

“DEATH LEAVES A
HEARTACHE NO ONE CAN
HEAL. LOVE LEAVES A
MEMORY NO ONE CAN
STEAL.”

ALBERT EINSTEIN



Local Grief Support Groups

Life Transitions Center (716) 836-6460

*www.hospicebuffalo.com/services/grief-support/

Compassionate Friends of WNY

*tcfofwny.org/

Horizon Health – Parent and
Family Support Programs

*www.horizon-health.org/

Loss of a Loved One through Addiction

Grief can take a serious
toll, even on the most
resilient people.

Addictions hotline

(716) 831-7007

24 hour

Support · Link to treatment · Referral

Recovery

Recovery from the death of a loved one is an unpredictable process.

Frequently our mind doesn't realize the loved one is gone and the emotions come in painful waves. Recovery is learning to manage the waves.

Emotions

The range of emotions we may feel includes numbness, denial, resentment, regret, anger, fear, confusion, a sense of being lost, and detachment from others.

We have feelings of failure, loneliness, senseless loss and we may be desperate for relief. Support is available...

You are left with many complicated, isolating feelings.... Please know

You are not alone...



Acceptance is not about being ok with the death of a loved one; it's about accepting our new reality.



Erie County Opiate Epidemic Task Force,
Family & Consumer Support and Advocacy

Reconnecting with the World

We can reconnect to the world through interaction, media or music. Available music includes a grief playlist and Facebook has memorial sites which may bring comfort.

We may want to journal our thoughts to capture positive memories.

It helps to have positive memory meditation. Sad or unsettling thoughts will come and we need to be able to have comfort in our mind.

Faith can provide hope and comfort in the personal journey of grief.