

GRIEF SUPPORT, MENTAL HEALTH, AND OTHER HEALTH RESOURCES

This section provides contact information for various military and civilian grief support, mental health and other health-related resources. Health insurance coverage of therapist and psychiatric treatment, as well as more general behavioral health care treatment, can vary widely depending upon the insurance provider, the scope of the specific insurance plan and the nature of the treatment. Most insurance providers offer some type of behavioral health care coverage but surviving family members should consult the policy or insurance company prior to beginning any treatment program.

Military Related Grief Support Resources:

Tragedy Assistance Program for Survivors (TAPS)

Provides support for surviving family members of deceased service members—including crisis information, problem-solving assistance and liaison with military agencies.

Phone: (800) 959-8277

Website: www.taps.org

Society of Military Widows

Offers support and assistance for widows of members of all U.S. uniformed services.

Phone: (800) 842-3451

Website: www.militarywidows.org

Email: benefits@militarywidows.org

Young Widows

Provides an online support group for young widows and widowers. Also provides a listing of local face-to-face support groups, links to other related online email discussion groups and websites for young widows and widowers.

Website: www.youngwidow.com

VA Bereavement Counseling

The Department of Veterans Affairs (VA) offers bereavement counseling to parents, spouses and children of Armed Forces personnel who died in the service of their country. Also eligible are family members of reservists and National Guardsmen who die while on active duty. A local number for a VA center may be found in the blue pages of the telephone book.

Phone: (202) 273-9116

Website: www.va.gov

Email: [vetcenter@hq.med.va.gov](mailto:vetercenter@hq.med.va.gov)

Civilian Grief Support Resources:

AARP Grief and Loss Programs

Offers a wide range of resources and information on grief and loss issues to bereaved adults and their families. Programs include one-to-one outreach support, a grief course, support groups, interactive online support groups, and informational booklets and brochures.

Phone: (202) 434-2260

Website: www.aarp.org/griefandloss

Email: griefandloss@aarp.org

GriefShare

Provides a national network of support groups to assist any person suffering from grief over the loss of a loved one. Offers information, referrals, and literature.

Phone: (919) 562-2112

Website: www.griefshare.org

Email: info@griefshare.org

Rainbows

Establishes peer support groups in churches, schools or social agencies for children and adults.

Phone: (800) 266-3206

Website: www.rainbows.org

Email: info@rainbows.org

Grief Recovery Helpline

The Grief Recovery Helpline is a toll-free service provided by the Grief Recovery Institute, an organization that trains professionals and non-professionals on dealing with grief.

Phone: (800) 445-4808

Website: www.grief-recovery.com



Youth Grief Support Resources:

Tragedy Assistance Program for Survivors (TAPS)

TAPS offers programs and information for parents of grieving children, literature recommendations, as well as specific programs geared towards kids, including TAPS Good Grief Youth Camp for surviving family members between 2 to 20 years of age.

Phone: (800) 959-8277

Website: www.taps.org/kids

The Dougy Center

Offers an extensive list of books about children and grief, and addresses of child grief treatment providers state-by-state. Support information is offered for an audience of children, as well as for caring adults wanting to help a grieving child.

Phone: (503) 775-5683

Website: www.dougy.org

General Mental Health Conditions and Treatment Resources

Mental Illness Research, Education and Clinical Centers (MIRECC)

Website: www.mirecc.med.va.gov

National Institute of Mental Health (NIMH)

Phone: (866) 615-6464

Website: www.nimh.nih.gov

National Alliance for the Mentally Ill (NAMI)

Phone: (800) 950-6264

Website: www.nami.org

American Psychological Association Help Center (APA)

Website: www.helping.apa.org

National Mental Health Association (NMHA)

Phone: (800) 969-6642

Website: www.nmha.org

National Mental Health Services Knowledge Exchange Network

Phone: (800) 789-CMHS

Website: www.mentalhealth.org



Depression and Anxiety Resources

Depression and Related Affective Disorders Association (DRADA)

Phone: (410) 583-2919

Website: www.drada.org

Depression Awareness, Recognition and Treatment Helpline

Phone: (800) 421-4211

National Foundation for Depressive Illness

Phone: (800) 248-4344

Post-Traumatic Stress Disorder (PTSD) Resources

National Center for Post-Traumatic Stress Disorder (PTSD)

Phone: 802-296-6300

Website: www.ncptsd.org

Substance Abuse Resources

Alcoholics Anonymous

Phone: (212) 870-3400

Website: www.alcoholics-anonymous.org

American Council on Alcoholism

Phone: (800) 527-5344

Website: www.aca-usa.org

National Clearinghouse for Alcohol and Drug Information

Phone: (800) 729-6686

Website: www.health.org

National Council on Alcoholism and Drug Dependence

Phone: (800) 622-2255

Website: www.ncadd.org

American Council for Drug Education

Phone: (800) DRUG-HELP

Website: www.drughelp.org



Substance Abuse & Mental Health Services Administration (SAMHSA)

Phone: (240) 276-2000

Website: www.samhsa.gov

Alcohol & Drug Abuse Hotline

Phone: (800) 729-6686

Crisis Assistance Resources

1-800-SUICIDE

Phone: (800) 959-8277

Website: www.hopeline.com

TAPS Crisis Intervention 24-Hour Helpline

Phone: (800) 784-2433

Website: www.tapas.org

Covenant House

Phone: (800) 233-4357

Website: www.covenanthouse.org

Covenant House Hotline

Phone: (800) 999-9999

Website: www.nineline.org

