



Bereavement and Grief Support



Local support groups

WinterSpring Winterspring.org

Helping children, teens and adults embrace life while experiencing the pain of loss. WinterSpring offers a variety of grief support, including one-on-one support and multiple groups.

GriefShare Griefshare.org

A nondenominational program that offers support to people of all faith backgrounds as well as those who do not practice a faith. The curriculum includes practical information from the Christian Bible. Groups meet at local churches. Meeting times and locations can be found through the website's search feature.

Online communities

Compassionate Friends compassionatefriends.org

Supporting family after the death of a child at any age.

Grief in Common Griefincommon.com

The only online community designed to connect those who are grieving based on background and similar experiences for chats and opportunities to meet in person.

Grieving.com forums.grieving.com

Among the oldest grief support communities on the internet. Founded in 1997, it supports 250,000 people annually from over 100 countries, from all walks of life. The focus is to provide grief support via community interaction.

Online Grief Support onlinegriefsupport.com

An online grief support community offering a variety of forums and discussion groups with helpful links and resources.

Online support resources

Alliance of Hope allianceofhope.org

Support for family and friends of those who have died by suicide

Center for Hope and Healing hopehealth.org

Online support groups by topic of loss, including LGBTQ+ group. To participate, register at CenterforHopeandHealing@HopeHealthCo.org.

Mental Health Resource and Education Network mbren.org

List of local and current mental health professionals.

Tragedy Assistance Program for Survivors taps.org

Offers care to those grieving the loss of a military loved one regardless the circumstances of the death, as well as support to those grieving a death due to suicide.

Telephone support

Jackson County Crisis Line (541) 774-8201

Josephine County Mental Health Crisis Services (541) 474-5360
after-hours crisis line (541) 474-5360

National Suicide Prevention Lifeline (800) 273-8255

VA Caregiver Support Line (855) 260-3274
Offers emotional support to caregivers of veterans and provides resources and referrals for those grieving the death of a veteran.