

Cultivating a Grief Sensitive Community Resources

Information Resources

[988](#) Lifeline for Crisis support – The 988 Lifeline is available 24/7/365. Your conversations are free and confidential. Call or text 988, or chat from the 988 website.

MedlinePlus

- [Bereavement: MedlinePlus](#)
- [Grief: MedlinePlus Medical Encyclopedia](#)
- [Bereavement and Grief | Mental Health America](#)

[Sharing Kindness Website](#) including [Grief Support Resources](#) – curated resources include tip sheets, books for children, podcasts, websites, and community support resources

American Foundation for Suicide Prevention

[Gizmo 4 Mental Health – The Gizmo Initiative takes an upstream approach to support the mental health and wellness of youth.](#) Toolkit includes read along resources, curated materials, and social media posts for adults. You can access [Gizmo's Pawesome Guide to Mental Health](#). Also find more information about the book including how to order copies or download a free copy in English or Spanish.

NNLM Classes and Guides

[NNLM Public Libraries Guide. Mental Health](#)

[NNLM Region 7 Graphic Medicine Bookclub Kits and Resources](#)

October 9, 2025 NNLM Class [Providing Mental Health Resources at Your Library](#)

[Subscribe to the NNLM Weekly Class Announcement Email](#)

[Sign up for the NNLM Region 7 weekly newsletter](#)

Other Resources

[May is Mental Health Awareness Month](#)

[National Institute of Mental Health: Digital Shareables](#)

[National Institute of Mental Health Brochures and Fact Sheets \(NIMH\)](#)

-free resources can be printed or ordered on a number of topics for your organization

[American Psychological Association: Culturally Informed Trauma and Grief Recovery Toolkit](#)

[Mental Health Resources from the Substance Abuse and Mental Health Services Administration](#)

[National Grief Awareness Week | SAMHSA](#)

[Coping with Bereavement and Grief | SAMHSA](#)

[TIP SHEET: How to support a person who is grieving the loss of a life | SAMHSA](#)

Specific Resources from Presenters

Books:

How to Live When a Loved One Dies: Healing meditations for grief and loss by Thich Nhat Hanh

Finding Meaning: The sixth stage of grief by David Kessler

Ambiguous Loss: Learning to live with unresolved grief by Pauline Boss

Organization:

[The Dougy Center for Grieving Children & Families | Portland, OR](#)