



# The G.A.P. Network

## **Grief and Addiction Support Resource List**

This resource list was developed by individuals who lost a loved one due to a substance overdose.

We have found that social media such as Facebook pages on grief and addiction give families a sense of community enabling them to reach out and be connected to other grievers and receive both support and resources.

### ***Internet Resources for Grief: Blogs and Facebook pages***

<http://www.whatsyourgrief.com> - Excellent webpage for general grief with hundreds of links on grief. The three links below are specific links to overdose death.

<http://www.whatsyourgrief.com/the-grief-of-an-overdose-death/>

<http://www.whatsyourgrief.com/grief-of-an-overdose-death-part-2/>

<http://www.whatsyourgrief.com/overdoseceu/>

<https://www.facebook.com/groups/TAPUnited.Survivors.of.Loss/> - TAP United Survivors of Loss Closed FB Support Group (for those that have lost a child or loved one to substance use disorder).

<https://www.facebook.com/groups/TAPUnited/> - The Addict's Parents United Closed FB Group (for Parents and loved ones that have a child or family member with the disease of addiction).

[www.griefspeaks.com](http://www.griefspeaks.com) and Grief Speaks Facebook page. - Lisa Athan lists many resources for all types of grief and mental health issues.

<https://www.mastersincounseling.org/loss-grief-bereavement.html>. - This link will take you to 115 helpful websites on grief and bereavement.

<https://abedformyheart.com> - Website and Facebook page.

<https://grasphelp.org> – Greif Recovery After a Substance Passing

[www.tomzuba.com](http://www.tomzuba.com) – Blogger, Author - “For 20+ years I have been learning to live life with the death of my 18-month-old daughter Erin in 1990, my 43-year-old wife Trici in 1999, and my 13-year-old son Rory in 2005.” -Tom

Prevention  
Action Alliance

We hope all the resources in this list are helpful. If you would like to add resources please contact [contact@PreventionActionAlliance.org](mailto:contact@PreventionActionAlliance.org). We thank the members of the GAP Network Advisory Council for providing the resources listed above.

<http://www.griefshare.org> - Offers on line support, option for free daily encouragement email for a year. Thousands of support groups around the world.

<http://www.garyroe.com/please-be-patient-im-grieving/> - Website of author Gary Roe, chaplain and author of several books including Please Be Patient I'm Grieving.

<http://www.scribblesandcrumbs.com> - Website with wonderful writings on loss by Lexi Behrndt. Click on her blog under the writing tab and "The On Coming Alive Project" under projects tab. You can write about your own grief and you can see videos.

<http://www.theafterloss.com>

<https://www.compassionatefriends.org/home.aspx>

<http://www.drugfree.org> - Partnership for Drug Free Kids is a good addiction resource and includes a link for a memorial page for your loved one.

<http://www.whatsyourgrief.com/10-helpful-tips-talking-children-drug-related-death-loved-one/> - Tips on discussing overdose with children

## ***Grandparent Resources***

<https://www.facebook.com/groups/GrandsUnited/> Grands United was formed for Grandparents and other family members or trying to gain guardianship of our grandchildren/child due to the disease of addiction affecting our family unit.

## ***Books***

Beyond Tears: Living After Losing a Child by Ellen Mitchell - This book follows nine mothers who have each lost a child.

Dreamland by Sam Quiones- Understanding the opiate-heroin epidemic.

Life After Death, Rediscovering Life After the Loss of a Loved One (Christian book) by Tony Cooke

Rare Bird: A Memoir of Loss and Love by Anna Whiston-Donaldson- This is a New York Times Bestseller on grief.

Passed and Present: Keeping Memories of Loved Ones Alive by Allison Gilbert

The Worst Loss: How Families Heal from the Death of a Child by Barbara D. Rosof

The Empty Room: Surviving the Loss of a Brother or Sister at Any Age by Elizabeth DeVita-Raeburn

Surviving the Grief of an Overdose Death-This is a booklet published by *What's Your Grief* and is available through the GAP network by contacting Prevention Action Alliance.

Prevention  
Action Alliance

We hope all the resources in this list are helpful. If you would like to add resources please contact [contact@PreventionActionAlliance.org](mailto:contact@PreventionActionAlliance.org). We thank the members of the GAP Network Advisory Council for providing the resources listed above.

## ***Support Group Information***

<https://www.facebook.com/groups/TAPUnited.Survivors.of.Loss/>

[http://www.compassionatefriends.org/Find\\_Support/Online-Community/Online\\_Support.aspx](http://www.compassionatefriends.org/Find_Support/Online-Community/Online_Support.aspx)

<http://www.griefshare.org/findagroup> - This is a worldwide organization offering a 12-week program in small group settings for grief. It has a spiritual basis but is not sponsored by any one church. All are welcome whether they are active with their faith or not. The website directs people to plug in their zip code to find a group close to them. Columbus has several groups at any given time meeting at various churches.

Cornerstone of Hope- offers support groups quarterly throughout the year. All groups are open to all, regardless of ethnic, cultural and faith backgrounds. They are led by professionally trained and experienced facilitators. Each meeting is two hours long and includes a light dinner. Support groups are offered free of cost to participants.

**“We are a community not by choice, but by circumstance.**

**We reach out to each other in support and understanding, with tolerance and patience.**

**We are a community; we do not grieve alone.”**

Prevention  
Action Alliance

We hope all the resources in this list are helpful. If you would like to add resources please contact [contact@PreventionActionAlliance.org](mailto:contact@PreventionActionAlliance.org). We thank the members of the GAP Network Advisory Council for providing the resources listed above.