ONLINE GRIEF SUPPORT

Find online support through bereavement communities (including Facebook groups and email support), forums, and chatrooms.

AARP Grief & Loss Forum
www.community.aarp.org/t5/Grief-Loss/bd-p/GriefLoss

Alliance of Hope Community Forum
allianceofhope.org/find-support/community-forum/

Cake Forum
joincake.com/forum/

The Compassionate Friends
compassionatefriends.org/find-support/online-communities

GRASP Facebook Group
grasphelp.org/community/joining-us-facebook/

Grief Anonymous
griefanonymous.com/facebook-groups/

Grief Healing Discussion Groups
griefhealingdiscussiongroups.com

Grief In Common
griefincommon.com

GriefNet.org
griefnet.org

Grieving.com
forums.grieving.com

MISS Foundation Online Support Group Forums
missfoundation.org/grieving/

Modern Loss
modernloss.com

My Grief Angels Online Forums
mygriefangels.org/forums-by-loss.html

Online Grief Support
onlinegriefsupport.com

Open To Hope
opentohope.com

Pet Loss Grief Support Message Board
petlossmessageboard.com

TAPS
taps.org/onlinecommunity

Widowed Village
soaringspirits.org/programs/widowed-village/

Widowers on Reddit
reddit.com/r/widowers/

Virtual Grief Support (Nationwide)

Actively Moving Forward
First Candle
GriefShare (griefshare.org)
Hand to Hold
Rainbows