

Online Grief Support Groups

According to [verywellmind.com](http://www.verywellmind.com):

Best Overall: Grieving.com

Best Live Chat: Grief in Common

Best for Young People: Hope Again

Best Social Media Group: Grief Anonymous

Best for Specific Grief: Online Grief Support

Best for Email Support: GriefNet

Best Monitored Discussion Group: Grief Healing

Best for pregnancy and infant loss: First Candle

Best for the loss of a family member: The Compassionate Friends

Best for loss after suicide: HEARTBEAT

Best for cancer-related loss: CancerCare

David Kessler's Tender Heart Training

<https://www.davidkesslertraining.com>

SAMHSA National Helpline

1-800-662-HELP (4357)