

List of Grief and Bereavement Resources

Appendix F

Grief and Bereavement Resources

NFL Resources

NFL Life Line
(800) 506-0078
www.NFLLifeLine.org

The NFL Life Line is here for the entire NFL family—current and former NFL players, team and league staff, and their family members. Trained counselors are standing by 24/7 to listen and assist. You can also visit www.NFLLifeLine.org to chat online. Support is completely confidential. The NFL Life Line is independently operated by an outside organization, so no confidential information about individuals or their conversations is shared with the NFL, teams, or any other organization. What you say will stay between you and the counselor.

NFL Player Assistance and Counseling Service
(800) 635-4625

Players and their family members can call to get access to the NFL Player Assistance and Counseling Service administered by Cigna through the NFL's Employee Assistance Program. Eligible current and former players can receive up to eight free counseling sessions and referrals for child care and elder care resources, financial and legal assistance, and other support.

The resources at right are provided as a courtesy, and their inclusion on this list should not be taken to imply endorsement or oversight of any kind by the NFL or its franchises.

General Grief and Bereavement Resources

Association for Death Education and Counseling (ADEC)
www.adecc.org/Coping_With_Loss_New_/3469.htm

ADEC is an interdisciplinary organization in the fields of dying, death, and bereavement. Its website includes resource listings of organizations, books, and websites by loss relationships (e.g., parent, friend, spouse) and type of death.

Bereaved Parents of the USA
www.bereavedparentsusa.org

Bereaved Parents of the USA offers support, understanding, encouragement, and hope to other bereaved parents, siblings, and grandparents after the death of a loved one. The organization offers local chapters and a national newsletter.

The Compassionate Friends
www.compassionatefriends.org

A national nonprofit, The Compassionate Friends assists families toward the positive resolution of grief following the death of a child of any age and provides information to help others be supportive.

The Dougy Center
www.dougy.org

Through its National Center for Grieving Children and Families, The Dougy Center provides support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.



Independent Confidential Support for the entire NFL Family

The Moyer Foundation

www.moyerfoundation.org

The Moyer Foundation's mission is to empower children in distress by providing education and support—helping them to live healthy and inspired lives. The foundation runs camps nationwide for children who are bereaved (Camp Erin) or affected by an addicted family member (Camp Mariposa).

National Bereavement Resource Guide

www.moyerfoundation.org/nbrg

This guide, sponsored by New York Life and The Moyer Foundation, compiles state and local resources for children and their families experiencing loss.

National Funeral Directors Association

nfd.org/grief-resources

The National Funeral Directors Association supports its members in providing families with meaningful end-of-life services. Its website also offers grief resources for individuals.

Suicide-Specific Grief and Bereavement Resources

Alliance of Hope for Suicide Survivors

www.allianceofhope.org

The Alliance of Hope for Suicide Survivors offers an online community forum and other resources designed by survivors for survivors.

American Association of Suicidology (AAS)

www.suicidology.org/suicide-survivors/suicide-loss-survivors

AAS is a membership organization for those involved in suicide prevention and research, or who have been touched by suicide. Its survivors division offers a support group directory, newsletter (for a fee), and free downloadable pocket guide titled "SOS: A Handbook for Survivors of Suicide."

American Foundation for Suicide Prevention (AFSP)

www.afsp.org/coping-with-suicide

AFSP brings together people across communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes. Find personal stories, information about coping with suicide, and a support group directory on the AFSP website.

Fierce Goodbye: Living in the Shadow of Suicide

www.fiercegoodbye.com

The website and documentary "Fierce Goodbye" focus on stories from people who have experienced suicide in their families or among their loved ones, and how they have found hope amid terrible pain.

SAVE: Suicide Awareness Voices of Education

www.save.org

SAVE believes that suicide should no longer be considered a hidden or taboo topic. Its website includes a support group directory and information on coping with loss.

Suicide: Finding Hope

www.suicidefindinghope.com

The Suicide: Finding Hope website was created by two suicide loss survivors to help other survivors navigate their journey through grief.

The Link's National Resource Center (NRC) for Suicide Prevention and Aftercare

www.thelink.org

The Link's NRC is dedicated to reaching out to those whose lives have been impacted by suicide, and connecting them to available resources.