

## Resources for support and healing

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Losing someone you love is an indescribable pain, and the complexities of losing them to an overdose can add layers of grief that feel overwhelming. Please know that you are not alone. This section provides resources that I hope will offer you comfort, understanding, and a path toward healing.

### Grief Support

#### 1. National Grief Organizations:

**The Compassionate Friends:** <https://www.compassionatefriends.org> (Supporting families after the death of a child. They offer local chapters, online support, and resources.)

**GriefShare:** <https://www.griefshare.org> (A network of grief recovery support groups with a structured, biblically based approach. You can find local groups through their website.)

**National Alliance for Children's Grief (NACG):** <https://nacg.org> (Provides resources and support

specifically for grieving children and teens, which can also be helpful for surviving family members.)

### **1. Online Grief Support Communities**

**Grieving.com:** <https://forums.grieving.com/> -

Grieving.com is one of the oldest and largest online grief support communities. It offers forums for various types of loss, providing a space to connect with others who understand similar experiences.

**Grief In Common:**

<https://www.griefincommon.com/> - Grief In Common connects people who have experienced similar losses, allowing for more personalized support. They offer forums and the ability to connect with others who have walked a similar path.

### **3. Overdose and Addiction Support**

**Al-Anon Family Groups:** <https://al-anon.org/>

(Offers support and understanding to families and

friends of people with substance use disorders. They have meetings worldwide.)

**Nar-Anon Family Groups:**  
<https://www.nar-anon.org/> (A similar program specifically for those affected by someone else's addiction.)

**Partnership to End Addiction:**  
<https://drugfree.org/> (Provides resources, support, and information for families dealing with addiction.)

#### **4. Understanding Addiction**

**National Institute on Drug Abuse (NIDA):**  
<https://nida.nih.gov/> (Offers comprehensive information about drug use and addiction.)

**Substance Abuse and Mental Health Services Administration (SAMHSA):** <https://www.samhsa.gov/>  
(Provides resources and information on substance use and mental health.)

#### **5. Self-Care and Well-being**

**Mindfulness and Meditation Resources:**

- **Calm:** <https://www.calm.com/>

- **UCLA**

**Mindful:**

<https://www.uclahealth.org/programs/marc>

**Tips for Self-Care:** Be gentle with yourself. Allow time for rest, nourishment, and activities that bring you comfort. Connecting with nature, gentle exercise, and creative expression can also be helpful.