



Grief Support

Here are some resources to support you through this difficult time. Feel free to reach out to any of the following:

Phone and Online Grief Support

Tufts University Pet Loss Support Hotline: 508-839-7966

6-9 EST Mon-Fri; 24 hour voicemail (staffed by trained student volunteers)

vet.tufts.edu/petloss/

Dove Lewis Grief support online schedule and resources:

<https://www.dovelewis.org/pet-owners/pet-loss-support>

Chicago Veterinary Medical Association Pet Loss Helpline: 630-325-1600

www.chicagovma.org/pet-loss-support/

Grief Articles

What Normal Grief Looks and Feels Like Laurel Lagoni, M.S.

<https://www.veterinarywisdom.com/wp-content/uploads/2021/10/Normal-Grief-2021.pdf>

Five Ways to Help Yourself (and Others!) through Pet Loss Laurel Lagoni, M.S.

<https://www.veterinarywisdom.com/wp-content/uploads/2021/10/Five-Ways-to-Help-2021.pdf>

Why You May Want Additional Support Laurel Lagoni, M.S.

<https://www.veterinarywisdom.com/wp-content/uploads/2021/10/Why-You-May-Want-Additional-Support-2021.pdf>

Helping Children Cope with the Serious Illness or Death of a Companion Animal by The Ohio State University

<https://vet.osu.edu/vmc/sites/default/files/import/assets/pdf/hospital/companionAnimals/HonoringtheBond/HelpingChildrenCopeFactSheet.pdf>

Helping a Pet Grieve for a 'Buddy' Laurel Lagoni, M.S.

<https://www.veterinarywisdom.com/wp-content/uploads/2021/10/Helping-a-Pet-Grieve-for-a-Buddy-2021.pdf>