

Grief and Loss Resource List

Please note this resource list is intended to provide direction on where to access support services in your local area and is not an exhaustive list of all programs and services that could be available to you. Your Family Physician or Nurse Practitioner may be able to connect you to additional resources.

****If you are experiencing a Mental Health crisis or require immediate support, please call REACH OUT at 1-866-933-2023 or Connex Ontario at 1-866-531-2600**

Resources for Strathroy, London and Middlesex County:

- VON – Strathroy Site. (*Bereavement Services can be through home visits, drop-in care groups or support group*). To register please call 519-245-3170
- Family Service of Thames Valley (*counselling services*). To request an intake appointment and discuss fees/subsidies, please call 519-433-0183 or visit www.familyservicethamesvalley.com
- Bereaved Families of Ontario – Southwest Region. Phone: 519-686-1573

Resources for Chatham-Kent Area:

- Chatham-Kent Hospice. Grief & Bereavement Services. (*Social Workers provide compassionate, non-judgmental support to individuals and families experiencing loss*). Please call 519-354-3113 or visit www.chathamkenthospice.com/bereavement-support/

Resources for Elgin County:

- VON – St.Thomas Site. Hospice and Bereavement Services. Please call: 519-637-6408

Resources for Lambton County:

- St. Joseph's Hospice Sarnia Lambton. (*Bereavement Support Services for adults and children*). To register please call: 519-337-0537

Information and Referral for Programs and Services throughout Ontario:

- 211 (*24/7 Information and Referral Service for Programs and Social Services in the Province of Ontario*). Dial: 211 or Visit: www.211Ontario.ca
- Connex Ontario (*24/7 Information/Referral Service for Mental Health, Addiction and Problem Gambling Treatment Services*). Call: 1-866-531-2600 or Visit: www.connexontario.ca

Online Resources for Grief and Loss

- Grief Loss Resource Committee of London and Area (*A team of compassionate professionals working together to provide informational resources to people who are facing bereavement or non-death related losses*) www.grieflossresources.ca
- Bereaved Families of Ontario. www.bereavedfamilies.net
- What's Your Grief? www.whatsyourgrief.com
- Good Grief www.good-grief.org