



Coping with the loss of a pet is challenging. You might experience a range of emotions and feel uncertain about how to manage them. It's important to know that these feelings are normal. Here are some resources that can support you during your grieving process.

Book Title	Author
<i>My Personal Remembrance Journal</i>	Enid Samuel Traisman and Herbert Nieburg
<i>The Final Farewell: Preparing for and Mourning the Loss of Your Pet</i>	Marty Tousley
<i>Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet</i>	Gary Kowalski
<i>The Pet Loss Companion: Healing Advice from Family</i>	Ken Dolan-Del Vecchio and Nancy Saxton-Lopez
<i>The Grief Recovery Handbook for Pet Loss</i>	Russell J. Friedman and John W. James
<i>A 30 Day Guide to Healing from the Loss of Your Pet</i>	Gael J. Ross
<i>When Your Pet Dies: A Guide to Mourning, Remembering and Healing</i>	Alan Wolfelt
<i>Grieving the Death of a Pet</i>	Betty Carmack

Support Group/Hotline	Website/Phone
Association for Pet Loss and Bereavement	apl.org
Grief Support, Rainbow Bridge, and Candle Ceremony	petloss.com
A Virtual Memorial Home and Grief Support Community	rainbowsbridge.com
Grief Support Services for Pet Loss	petcloud.pet
The Pet Loss Support Page	pet-loss.net
International Association of Assistance Dog Partners	laadp.org
Lap of Love Pet Loss Support Team	855.352.5683
Cornell Pet Loss Hotline	607.218.7457
Tufts Pet Loss Hotline	508.839.7966
24/7 Mental Health Crisis Line	Call or text 9-8-8

Memorial Website	Items Offered
perfectmemorials.com	Memorial urns, jewelry, and other mementos
artfulashes.com/memorials	Loved one's ashes memorialized in glass art
oneworldmemorials.com	Memorial urns for pets