**Pet Loss and Grief Resources**

**Association for Pet Loss and Bereavement**

* Website: <https://www.aplb.org/>
* Description: Free membership option. Access to Our Chat Room. Access to Support & Information Regarding Euthanasia and Self-Care Tips. Access to Extensive Bibliography & Directory of Services

**Cornell University Pet Loss Support Hotline**

* Website:<https://www.vet.cornell.edu/impact/community-impact/pet-loss-resources-and-support>
* Phone: 607-218-7457
* Description: The Pet Loss Support Hotline is available via Google Voice to support you Monday-Friday 6 - 9 pm and Saturday-Sunday 12 - 3 pm EST. Google Voice will prompt you to enter your name before connecting. To remain anonymous, you can say “anonymous” or just enter your first name.

**Tufts University Pet Loss Support Hotline**

* Website: <https://vet.tufts.edu/pet-loss-support-helpline>
* Phone: 508-839-7966
* Description: Operates on a call back system. Leave a message and expect a call back from 6 - 9 pm in 3-5 business days from time of message.

**MSU Pet Loss Support Group**

* Email: vsw@msu.edu
* Website: <https://cvm.msu.edu/hospital/services/social-work/pet-loss-support-group>
* Description: Meets remotely the second and fourth Thursdays of every month from 6:30-7:30 pm. Does not meet during the fourth weeks of November and December. There is no charge for this service. Open to anyone who has lost a pet, your pet did not have to be a patient at MSU’s Veterinary Medical Center for you to attend our group.

**Lap of Love**

* Website: <https://www.lapoflove.com/our-services/pet-loss-support>
* Phone: 855-933-5683
* Description: These free, listen-and-learn sessions are presented by a compassionate, professional grief coach and provide a safe, empathetic environment for those who are struggling with loss. Anyone who has experienced the loss of a pet is welcome to attend. Sessions are available several times throughout the week virtually via Zoom.

**The Grief Recovery Method**

* Website: <https://www.griefrecoverymethod.com/our-programs/pet-loss-support-groups>.
* Evidence-based, 6 session groups. Individual options available. In-person and online options available.
* Cost varies by provider

**The Pet Loss Support Page**

* Website: <https://www.pet-loss.net/resources/PA.shtml>
* Description: Comprehensive list of support groups, counselors, in-home euthanasia services, cemeteries, and more for Pennsylvania are available.

**PetLoss.com**

* Website: [https://www.petloss.com](https://www.petloss.com/)
* Description: Online monitored grief support messaging board. Candle lighting ceremony every Monday night at 10 pm EST in 24/7 grief support chat room.

  **General Mental Health Support**

**Lifeline**

* Phone: 988
* Description: Call, text, or chat 24/7/365 to receive mental health support for you or someone you know.

**Resolve Crisis Network (UPMC)**

* Address: 333 N Braddock Ave. Pittsburgh, PA 15208
* Email: resolve@upmc.edu
* Website:<https://www.upmc.com/services/behavioral-health/programs/emergency-crisis/resolve-crisis-services/contact>
* Phone: 1-888-796-8226
* Description: Free 24/7 counseling over the phone. Not exclusive to pet loss.