

People in our society have often become too busy to support the grieving. They expect them to forget their loss and move on with life. Those who are grieving are left behind to silently mourn without the support they need and deserve at this time.

At the death of a loved one, people find that their world has suddenly turned upside down, leaving them in a state of confusion, shock and pain that may be with them for months or even years, as they work through a process of recovery.

Grief recovery occurs in four stages. The first stage is acceptance of reality that the loved one is gone and will not return. Second, they must fully experience the pain of grief, including the physical, emotional and behavioral pain associated with loss. Third, they learn to adjust to the environment and live peacefully without their loved one. The last stage of the grieving process is an emotional withdrawal from the loved one, so that their energy may be reinvested fully into life again.

Resources Available On The Web

[Center for Loss and Life Transition](http://www.centerforloss.com/)

A private organization dedicated to furthering our understanding of and compassion for the complex set of emotions we call grief. Dedicated to helping both the bereaved, by walking with them in their unique life journeys, and bereavement caregivers, by serving as their educational liaison and professional forum.

<http://www.centerforloss.com/>

[Support Resources](http://www.beyondindigo.com/)

Beyond Indigo is listed in Forbes Best of the Web for the 4th consecutive year for grief support message boards!

<http://www.beyondindigo.com/>

[Crisis, Grief and Healing](http://www.webhealing.com/)

A place where men and women can discuss, chat or browse to understand the many different paths to heal strong emotions. Resources on the site include excerpts from author Tom Golden's books on healing from loss.

<http://www.webhealing.com/>

[Coping With Grief During The Holidays](#)

If a person dies on or near a holiday, the two events are forever linked

and may be particularly painful, especially if you have unresolved feelings about the lost relationship.

[Grief Healing](#)

If you are anticipating or coping with a significant loss in your life and wish to better understand the grief that accompanies such loss, this site has been created to offer you the information, comfort and support that you need.

<http://www.griefhealing.com/>

[GriefNet](#)

GriefNet is an Internet community of persons dealing with grief, death, and major loss. They have many email support groups. Their integrated approach to online grief support provides help to people working through loss and grief issues of all kinds.

<http://rivendell.org/>

[Willowgreen](#)

A leading provider of information and inspiration in the areas of illness and dying, loss and grief, healthy care giving, life transition, and spirituality.

<http://www.willowgreen.com>

[Grief and Loss](#)

Grief support information and resources from the American Association of Retired Persons (AARP).

<http://www.aarp.org/griefandloss>

[Growth House](#)

An international gateway to resources for life-threatening illness and end of life issues. Hypertext topic pages link to sites around the world. Links to hospice and home care, bereavement, death with dignity, AIDS, and related topics in life-threatening illness.

<http://www.growthhouse.org>

[National Hospice and Palliative Care Organization](#)

Committed to improving end of life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones.

<http://www.nhpco.org>