
Web Support Sites:

*www.deathteaches.com/resources/

*thegrieftoolbox.com/what-is-grief

*journeyofhearts.org/grief/accident2.html

*bereavedparentsusa.org/

*www.bpusabuff.org

*m.wikihow.com/Survive-the-Death-of-Your-Child

Facebook Support Sites

*facebook.com/groups/HeroinMemorial/

*facebook.com/IHateHeroin/?fref=ts

*facebook.com/groups/WeHateHeroin/

*heroinsupport.org/grief-support-

“DEATH LEAVES A

HEARTACHE NO ONE CAN
HEAL. LOVE LEAVES A
MEMORY NO ONE CAN
STEAL.”

ALBERT EINSTEIN



Local Grief Support Groups

Life Transitions Center (716) 836-6460

*www.hospicebuffalo.com/services/grief-support/

Compassionate Friends of WNY

*tcfofwny.org/

Horizon Health – Parent and
Family Support Programs

*www.horizon-health.org/

Loss of a Loved One through Addiction

Grief can take a serious
toll, even on the most
resilient people.

Addictions hotline

(716) 831-7007

24 hour

Support · Link to treatment · Referral

Recovery

from the death
of a loved one is an
unpredictable process.

Frequently our mind
doesn't realize the loved
one is gone and the
emotions come in
painful waves. Recovery
is learning to manage the
waves.

Emotions

The range of emotions we may
feel includes numbness, denial,
resentment, regret, anger, fear,
confusion, a sense of being lost,
and detachment from others.

We have feelings of failure,
loneliness, senseless loss and we
may be desperate for relief.
Support is available...

**You are left with many
complicated, isolating
feelings.... Please know**

You are not alone...



Acceptance is not about
being ok with the death of
a loved one; it's about
accepting our new reality.



Erie County Opiate
Epidemic Task Force,
Family & Consumer
Support and Advocacy



Reconnecting

with the World

We can reconnect to the
world through
interaction, media or
music. Available music
includes a grief playlist
and Facebook has
memorial sites which
may bring comfort.

We may want to journal
our thoughts to capture
positive memories.

It helps to have positive
memory meditation. Sad
or unsettling thoughts
will come and we need to
be able to have comfort
in our mind.

Faith can provide hope
and comfort in the
personal journey of grief.