

Support Helplines & Groups

Note: Support for pet loss, grief and bereavement is very different from, and not to be confused with, professional counseling and therapy. Be aware that people who provide the valuable service of pet loss support vary greatly in their training, education, experience, and expertise.

Pet Loss Support Groups

Chicago VMA

chicagovma.org/pet-loss-support/
*Zoom support groups

The Anti-Cruelty Society

anticruelty.org/pet-loss-support
*Zoom support groups

VSC (Bannockburn, IL)

Email bmurray@vetspecialty.com or call
847-459-7535 ext 1555
*In person support groups

Lap of Love

<https://petloss.lapoflove.com>
*Zoom support groups

Michigan State University Support

cvm.msu.edu/hospital/services/social-work/pet-loss-support-group
*Phone or Zoom support groups

Assn. of Pet Loss & Bereavement

<https://www.aplb.org/chat-with-us>
*Chat rooms & support groups

Berkley Humane Support Group

Call Jill Goodfriend at 510-393-1359
*Virtual support group

Animal Medical Clinic of Wheaton

*In person, call 630-668-3700 or
amcw.reception@amcwheaton.com

Losing Lulu - losinglulu.com

Resources & Facebook Support for
behavioral euthanasia

Pet Loss Community

www.petlosscommunity.com
*Virtual group or individual
support with a licensed
social worker

Pet Loss Support Hotlines

C.A.R.E. Pet Loss Support Hotline

(217) 244-CARE (2273)
Hours: Sunday, Tuesday, Thursday
evenings 7-9 pm

Chicago Veterinary Medical Association

630-325-1600
Free support line, messages returned
as volunteers available

Tufts Pet Loss Support Line

508-839-7966
5 pm - 8 pm Mon through Thurs

Cornell Pet Loss Support Helpline

607-218-7457
5 pm - 8 pm Sundays & Tuesdays

Winnipeg Humane Support Line

204-988-8804
Leave a message to be returned by
volunteers

General Mental Health Resources

Ben Gordon Center

12 Health Services Dr. - Dekalb
815-756-4875

The Living Room: No cost, No appt
*Open to any Dekalb Co. resident 18+
experiencing a mental health crisis

*Safe space for all to process overwhelming life
events

Open 24/7

Dekalb County Crisis Hotline

866-242-0111 (call only)

988 Suicide & Crisis Lifeline

Call or text the 3-digit nationwide code: 988
Online chat: 988lifeline.org





Recommended Reading

These books were chosen based on recommendations, both from clients and staff, as well as professionals that specialize in the Human-Animal Bond.

- *Coping With Sorrow on The Loss of Your Pet*, Author: Moira Anderson Allen M.Ed.
- *Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline*, Author: Liz Eastwood
- *Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet*, Author: Gary Kowalski
- *Coping with the Loss of a Pet*, Author: Christina M. Lemieux
- *The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Groups*, Author: Ken Dolan-Del Vecchio & Nancy Saxton-Lopez
- *When Your Pet Dies: A Guide to Mourning, Remembering, and Healing*, Author: Alan D Wolfelt PhD
- *Pet Loss: A Thoughtful Guide for Adults and Children*, Author: Herbert A. Nieburg
- *The Grief Recovery Handbook for Pet Loss*, Author: Russell Friedman, Cole James, et al.

Books for Parents:

- *Talking about Death: A Dialogue between Parent and Child*, Author: Earl A. Grollman
- *When Children Grieve - For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses*, Author: Dr. Leslie Matthews John W. James, Russell Friedman

Books for Children:

- *Cat Heaven*, Author: Cynthia Rylant
 - *Dog Heaven*, Author: Cynthia Rylant
 - *The Invisible Leash*, Author: Patrice Karst
 - *When a Pet Dies*, Author: Fred Rogers
 - *The Garden of Lost Balls*, Author: Carmit Rachel Swed
 - *Saying Goodbye to Lulu*, Author: Corinne Demas
 - *The Rainbow Bridge: A Visit to Pet Paradise*, Author: Adrian Raeside
 - *The Tenth Good Thing About Barney*, Author: Judith Viorst
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