



PET LOSS SUPPORT HOTLINES

Tufts Pet Loss Support

508-839-7966

CVMA Pet Loss Helpline

(630) 325-1600

Cornell Pet Loss Support Hotline

607-218-7457

National Suicide Prevention Hotline

(800) 273-8255



BOOK RECOMMENDATIONS

For Adults

- Anderson, M. (2015). *Coping with Sorrow on the Loss of Your Pet*.
- Friedman, R., James C., & James, J.W. (2014). *The Grief Recovery Handbook for Pet Loss*.
- Rosen, J.E. (2025). *Life After Pet Loss: Daily Reflections for Working Through Grief*.

For Children

- Cochran, B. (2007). *The Forever Dog*. (Ages 4-8yo)
- Karst, P. (2019). *The Invisible Leash: A Story Celebrating Love After the Loss of a Pet*. (Ages 4-8yo)
- Raeside, A. (2012). *The Rainbow Bridge: A Visit to Pet Paradise*. (Ages 4-9yo)



Animal Rescue League of NH Memorial Page

<https://www.rescueleague.org/petmemorials>



PET LOSS SUPPORT

Grieving the loss of a pet can be incredibly difficult. But there are numerous support groups, hotlines, books, videos, and more that can help.



WEBSITES

Lap of Love

<https://www.lapoflove.com/>

The website offers education and resources regarding quality of life and end of life care for your beloved animal.

Association for Pet Loss and Bereavement (APLB)

<https://www.aplb.org/>

Offers a chat room, information and resources for pet loss, euthanasia, and self-care. It also includes services at a cost such as, pet loss memorials, webinars, and online support groups.

Love Baxter

<https://lovebaxter.com/>

The world's largest pet loss and end-of-life resource—offering expert guides, compassionate grief support, trusted professionals, and meaningful ways to remember your best friend.

The Pet Loss Support Page

<https://www.pet-loss.net/>

The website offers information and resources regarding pet loss. It also has links to hotlines, helplines, and grief support by state.

Pet Parent Grief Support

<https://www.petparentgriefsupport.com/>

Articles and resources to help you navigate pet loss.

Losing Lulu

<https://www.losinglulu.com/>

Support community for behavioral euthanasia.

EDUCATIONAL RESOURCES

The University of Tennessee Center for Veterinary Social Work

https://www.youtube.com/watch?v=5TJxtGvAG_0

Offers a free online 5-part recorded webinar series, "The Animal Loss Grief Journey."

TEDx Talk with Dr. Sarah Hoggan

https://youtu.be/TkJGhQANjZo?si=npXR0_xgEGMGiIXr

This talk explains why the pain of pet loss is different and why it is valid.

American Veterinary Medical Association

<https://www.avma.org/resources-tools/pet-owners/petcare/coping-loss-pet>

Article and resources for pet loss.



GRIEF SUPPORT (GROUP & INDIVIDUAL)

Abiding Ties Pet Loss Support Group

<https://abidingties.org/pet-loss-support-groups/>

Free online support group that provides pet caregivers a safe space to share stories and connect with others experiencing pet loss. Led by a certified Pet Chaplain.

Lap of Love

<https://www.lapoflove.com/our-services/pet-loss-support>

Pet Loss Support Group- Available several times throughout the week. Listen-and learn sessions presented by a professional grief coach.
Speciality Support Group- Focus on targeted topics that cater to specific grief needs. Smaller groups.

Humane Hearts

<https://www.humanehearts.com/pet-loss>

Certified Pet Loss Grief Support Specialists provide empathy and guidance through three types of sessions, available virtually (everywhere) and in person (Massachusetts, southern New Hampshire, & southern Maine).

Priscilla Lawrence | Animal Chaplin

<https://www.priscilla-lawrence.com/>

Offers spiritual and emotional support for those experiencing pet grief.