



Thank you for reaching out to Transitions GriefCare. Learn more about our support offerings by visiting us [online](#) or by calling 919.719.7199.

On the following pages you'll find information related to local and online crisis support, counseling, support groups, and grief education resources.

919.719.7199 | transitionslifecare.org/grief-care

Community Resource Guide



Crisis Support

COMMUNITY RESOURCE GUIDE

Mobile Crisis Teams

Mobile crisis teams are available 24 hours a day in all North Carolina counties. Listed below are the teams for counties in Transitions LifeCare's service area.

- Chatham, Harnett, Johnston, and Wake: 877.626.1772
- Durham and Orange: 919.967.8844
- Franklin and Granville: 866.275.9552

Behavioral Health Urgent Care

Behavioral health urgent care provides crisis assessment and connection to comprehensive service; no appointment needed.

Carolina Outreach

- 919.251.9009 | carolinaoutreach.com
- 2670 Durham-Chapel Hill Blvd, Durham, NC 27707

Monarch Behavioral Urgent Care

- 919.703.2845 | monarchnc.org/behavioral-health-urgent-care
- 319 Chapanoke Rd., Suite 120, Raleigh, NC 27603

HopeLine

HopeLine is a caring, non-judgmental listening crisis intervention and suicide prevention available over the phone or via text.

- 919.231.4525 or 877.235.4525 | hopeline-nc.org
- Crisis Line available 24/7
- Text Line available Monday–Friday 10am–10pm; Saturday–Sunday 10am–4pm

988 Suicide and Crisis Lifeline

The Lifeline provides 24/7, free, and confidential support to people in suicidal crisis or emotional distress.



Non-Crisis Support

COMMUNITY RESOURCE GUIDE

FINDING THE RIGHT COUNSELOR

Finding the right counselor begins with narrowing down what you think you need. Use the guide below to aid you in finding the right fit.

Do you think you need medication?

The following is a list of the type of professionals that are able to prescribe medication for mental health needs, although they do not usually provide talk therapy. Your primary care physician (PCP) can often assist you in finding and choosing the right provider for your specific needs.

- Primary care physician (MD)
- Psychiatric mental health nurse practitioner (PMHNP)
- Doctorate in nurse practitioner (DNP)
- Physician assistant (PA or PA-C)
- Psychiatrist (MD)

Do you primarily want someone to talk to?

The following is a list of the type of professionals that can help you process mental, emotional, or relational concerns via talk therapy. Your insurance company, PCP, or a counselor directory can often assist you in finding and choosing the right provider for your specific needs.

- Licensed clinical mental health counselor (LCMHC, LCMHCS, or LCMHCA)
- Licensed clinical social worker (LCSW or LCSWA)
- Licensed marriage and family therapist (LMFT or LMFTA)
- Licensed psychologist (LP or LPA)

Do you have private health insurance?

If you have private health insurance through an employer, the Affordable Care Act (ACA), or that you pay for out-of-pocket, we recommend you start your search for behavioral health services there. Your insurance company can help you identify qualified providers that are covered under your plan. The back of your insurance card typically has a customer service number you can call.

Are you uninsured or enrolled in Medicaid?

If you're uninsured or enrolled in Medicaid, use the following information to access behavioral health services in your county of residence.

- Durham, Johnston, and Wake: Alliance Health 24-hour access and information line
800.510.9132 | alliancehealthplan.org
- Chatham:
chathamcountync.gov/services/public-health/mental-health-substance-use/mental-health-resources
- Franklin: franklincountync.us/services/health
- Granville: 252.430.1330 | granvillecounty.org/cardinal-innovations-healthcare
- Harnett: 910.893.7500 | harnett.org/ss/social-services.asp
- Orange: orangecountync.gov/1728/social-services

Non-Crisis Support

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WHERE TO FIND A COUNSELOR

Directories for Finding a Counselor

- Psychology Today: psychologytoday.com/therapists
- Therapy Den: therapyden.com
- Open Path Collective: openpathcollective.org
- Inclusive Therapists: inclusivetherapists.com
- GoodTherapy: goodtherapy.org
- Mental Health Match: mentalhealthmatch.com
- Therapy for Black Girls: providers.therapyforblackgirls.com
- Zencare: zencare.co
- Being Seen: beingseen.org

In-Home Counseling

Medicare (65+ Insurance) Mental Health Providers

- Silver Linings: silverliningsnc.com
- Shae Partners: shaepartners.com

Hospice Agencies with Bereavement Programs

Non-profit hospice agencies often offer community bereavement support. Visit the **Home Care & Hospice Directory** ([directory.ahhcnc.org/hospice](https://ahhcnc.org/hospice)) for a list of hospice agencies in North Carolina. To locate hospice agencies with bereavement programs in other areas, search non-profit organizations by city/state/ZIP at nationalhospicelocator.com.

AARP Friendly Voice

This program helps combat loneliness, anxiety, and isolation by providing phone calls by trained, caring volunteers. Volunteers are available to chat, listen, or just say hello.

Request a call by dialing AARP from 9am–5pm local time.

- English: 1.888.281.0145
- Spanish: 1.888.497.4108



Support Groups & Resources

COMMUNITY RESOURCE GUIDE

General Loss

- “Pathways to Peace” grief group and grief counseling appointments (Cary)
 - Meets at Cary Senior Center
 - Contact Heather Arcuri at 919.462.3983 or 984.232.4523 | carysc@rfsnc.org
- GriefShare: griefshare.org
- Growing Thru Grief (Durham): growingthrugrief.org
- Grief Oasis (Chapel Hill): griefoasis.com
- The Shore Grief Center (Wake Forest): theshoregriefcenter.org

For Bereaved Children and Teens

- Comfort Zone Camp: comfortzonecamp.org
- Transitions Kids: transitionslifecare.org/pediatric
- Teenage Grief Sucks: teenagegriefsucks.com

Loss of a Child

- The Compassionate Friends: compassionatefriends.org

Loss by Homicide/Violence

- NC Victim Assistance Network: nc-van.org

Loss by Substance Abuse

- Grief Recovery After a Substance Passing (GRASP): grasphelp.org

Loss by Suicide

- Triangle Survivors of Suicide: trianglesos.org
- Alliance of Hope: allianceofhope.org

For Parents of Murdered Children

- Parents of Murdered Children (POMC): pomc.org

For Young Mourners (21–45 year olds)

- The Dinner Party: thedinnerparty.org



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For Widowed Individuals

- **Soaring Spirits International** (soaringspirits.org) has one goal - to connect widowed people with each other. It's an inclusive, secular organization. Any widowed person regardless of age, gender, nationality, sexual orientation, or religious affiliation is welcome to attend any Soaring Spirits program.

For Young Widow/ers

- **Hot Young Widows Club:** hotyoungwidowsclub.com/general-resources

For Young Adults/Students

- **Actively Moving Forward:** healgrief.org/actively-moving-forward

For Widowed Parents

- **Widowed Parent:** widowedparent.org

For Grievers with Special Needs

- **Autism and Grief:** autismandgrief.org
- **Autism Society:** autismsociety-nc.org/autism-grief
- **And Next Comes L:** andnextcomesl.com/2018/09/free-social-stories-about-death-and-funerals.html
- **Tasks of Mourning:** link.transitionslifecare.org/tasksofmourning

For Pet Loss

- **SPCA of Wake County:** pet-loss.net/resources/NC.shtml
- **The Pet Loss Support Page** pet-loss.net
- **Association for Pet Loss and Bereavement** aplb.org
- **Pet loss - Grief Support, Rainbow Bridge & Candle Ceremony** petloss.com



Support Groups & Resources

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BOOK LIST

General Grief

- *It's OK That You're Not OK* Megan Devine
- *The Grieving Brain* Mary-Frances O'Connor
- *Grief is Love: Living With Loss* Marisa Renee Lee
- *Modern Loss* Rebecca Soffer & Gabrielle Birkner
- *Conscious Grieving* Claire Bidwell Smith
- *Healing Your Grieving Heart: 100 Practical Ideas* Alan Wolfelt
- *Healing Your Grieving Body: 100 Physical Practices for Mourners* Alan Wolfelt & Kirby J. Duvall
- *Grieving Room: Making Space for All the Hard Things after Death and Loss* Leanne Friesen
- *Healing After Loss* Martha W. Hickman
- *Life is Goodbye, Life is Hello* Alla Bozarth-Campbell
- *The Mourning Handbook* Helen Fitzgerald
- *Option B: Facing Adversity, Building Resilience, and Finding Joy* Adam Grant & Sheryl Sandberg
- *The Grief Recovery Handbook* John W. James & Frank Cherry
- *Death, Grief, and Caring Relationships* Richard Kalish
- *When Bad Things Happen to Good People* Harold Kushner
- *Don't Take My Grief Away* Doug Manning
- *Grieving: How to Go on Living When Someone You Love Dies* Therese A. Rando
- *The Healing Journey Through Grief: Your Journal for Reflection and Recovery* Phil Rich
- *Surviving Grief... and Learning to Live Again* Catherine M. Sanders
- *Men & Grief: A Guide for Men Surviving the Death of a Loved One* Carol Staudacher
- *A Time to Grieve: Meditations for Healing After the Death of a Loved One* Carol Staudacher
- *I Promise It Won't Always Hurt Like This: 18 Assurances on Grief* Clare Mackintosh

Death of a Life Partner

- *Widowed* Joyce Brothers
- *The Cure for Sorrow* Jan Richardson
- *Healing a Spouse's Grieving Heart* Alan Wolfelt
- *Companion Through the Darkness: Inner Dialogues on Grief* Stephanie Ericsson
- *Widow to Widow* Genevieve Ginsburg
- *What Helped My When My Loved One Died* Earl Grollman
- *Two-Part Invention* Madeleine L'Engle
- *A Grief Observed* C.S. Lewis
- *Widow's Journey: A Return to the Loving Self* Xenia Rose
- *The Courage to Grieve* Judy Tatelbaum
- *Good Grief* Granger Westberg
- *The Year of Magical Thinking* Joan Didion

Support Groups & Resources

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Death of a Parent

- *Surviving the Loss of a Parent* Lois F. Akner
- *Midlife Orphan* Jane Brooks
- *Motherless Daughters* Hope Edelman
- *Healing the Adult Child's Grieving Heart* Alan Wolfelt
- *Losing a Parent* Alexandra Kennedy
- *When Parents Die* Edward Myers
- *Wild* Cheryl Strayed
- *Orphaned Adult* Alexander Levy

Online & Community Resources

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OTHER RESOURCES

Websites

- **Grief.com:** Because Love Never Dies (grief.com)
- **What's Your Grief:** Grief Support for the Rest of Us (whatsyourgrief.com)
- **Center for Loss & Life Transition** (centerforloss.com)
- **Grief in Common** (griefincommon.com)
- **Refuge in Grief** (refugeingrief.com)
- **Webhealing** (webhealing.com)
- **Heal Grief** (healgrief.org)

Podcasts

- **Terrible, Thanks for Asking** (ttfa.org)
- **The Mindfulness & Grief Podcast** (mindfulnessandgrief.com/grief-podcast)
- **Great Grief with Nnenna Freelon** (wunc.org/podcast/great-grief)
- **Good Mourning** (goodmourning.com.au/#2)

TED Talks

- **"We don't 'move on' from grief. We move forward with it."** (ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it)
- **"How to Find Meaning After Loss"** (ted.com/talks/david_kessler_how_to_find_meaning_after_loss)

Documentary

- **Speaking Grief** (speakinggrief.org/documentary)

Instagram

- **Optionb** (instagram.com/optionb)
- **Refugeingrief** (instagram.com/refugeingrief)
- **iamdavidkessler** (instagram.com/iamdavidkessler)
- **Untanglegrief** (instagram.com/untanglegrief)
- **Goodmourningpodcast** (instagram.com/goodmourningpodcast)
- **Hospicenursepenny** (instagram.com/hospicenursepenny)
- **Hospicenursejulie** (instagram.com/hospicenursejulie)
- **Letsreimagine** (instagram.com/lretsreimagine)
- **Dearmyanxiety** (instagram.com/dearmyanxiety)
- **Browngirltherapy** (instagram.com/browngirltherapy)
- **Therapyforblackgirls** (instagram.com/therapyforblackgirls)
- **Going_with_grace** (instagram.com/going_with_grace)
- **Findmywellbeing** (instagram.com/findmywellbeing)
- **The.poc.therapist** (instagram.com/the.poc.therapist)

Online & Community Resources

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Twitter

- @whatsyourgrief (twitter.com/WhatsYourGrief)
- @modernloss (twitter.com/ModernLoss)
- @healgrief (twitter.com/HealGrief)
- @dyingmatters (twitter.com/dyingmatters)
- @griefspeaks (twitter.com/griefspeaks)
- @elunanetwork (twitter.com/elunanetwork)
- @griefrecovery (twitter.com/GriefRecovery)

COMMUNITY RESOURCE ASSISTANCE GUIDES

Organized by county, these documents provide lists of organizations that provide a wide variety of resources and support.

- Chatham: chathamcountync.gov/Home/ShowDocument?id=20670
- Durham: ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Durham_County.pdf
- Franklin: ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Franklin_County.pdf
- Granville: ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Granville_County.pdf
- Harnett: ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Harnett_County.pdf
- Johnston: ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Johnston_County.pdf
- Orange: orangecountync.gov/DocumentCenter/View/2511/Orange-County-Resource-Guide-PDF
- Wake: [ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Wake_County_\(Raleigh_LO\).pdf](https://ncworks.gov/admin/gsipub/htmlarea/uploads/CRAG/Wake_County_(Raleigh_LO).pdf)