

Resource Guide

Grief is a normal process. How you experience grief depends on the nature of the death, your relationship to the person who died, your coping style and life experience. Each person's expression of grief is unique and there is no "right or wrong" way to grieve. Sometimes additional support may be helpful in processing feelings & creating a new sense of normalcy.

In case of a life threatening emergency please go to your nearest hospital emergency room or call 911.

Immediate Crisis Resources

Ogden Police Department	585-617-6131
Monroe County Sheriff Dept.	585-753-4178
Lifeline	585-275-5151 or 211 (available 24/7 with support staff to speak with)
Mobile Crisis Team	585-529-3721
Safe School Helpline	1-800-4-1-VOICE, ext. 359 (or text "TIPS" to 66746) or visit www.safeschoolhelpline.com
Spencerport Food Shelf	585-397-0290

Rochester Area Support Systems

- American Foundation For Suicide Prevention (AFSP-WNY)
www.afsp.org
Understanding & preventing suicide through research, education & advocacy
- The Consortium for Trauma, Illness & Grief (TIG)
www.tigconsortium.org
A county-wide agency effort to prepare school districts to have appropriate mental health support in place during incidents of trauma, violence, illness or death.
- The Mental Health Association
www.mharochester.org
Assists people to find the tools & resources that they need to achieve & maintain mental wellness. Rochester Area Support Groups
- Cancer Support Community Rochester
www.cscrochester.org
A special Place where the focus is on living with cancer. Men, women & children with any kind of cancer & their family members can plan & build life-changing emotional & social support here.
- Camp Good Days and Special Times
www.campgooddays.org/regions-rochester-ny
For children and families who have an immediate family member who has died or who has a serious illness.

- 13Thirty
www.13thirty.org/
The group supports and activities for teens and young adults with cancer.
- Rochester Regional Health Home Care and Hospice Care
www.rochesterregional.org/home-hospice
A “whole person” philosophy to support individuals dealing with the loss of a loved one.
- U of R Home Care Hospice Care Bereavement Support
www.urmc.rochester.edu/home-care/hospice-care/bereavement.aspx
A “whole person” philosophy to support individuals dealing with the loss of a loved one.
- The Compassionate Friends
www.tcfrochester.org/
This is a self-help support organization that offers support for those who have experienced the death of a child, a grandchild, or sibling.
- Dreams From Drake
www.dreamsfromdrake.org/
Provides several supports for children and teens who are grieving the loss of a sibling or parent, including a monthly healing activity and bereavement camp.
- Camp Heartstrings/Camp Dreams
www.urmc.rochester.edu/home-care/hospice-care/camp-heartstrings.aspx
A summer camp for children who are adjusting to the death of a loved one.