

## SUPPORT & CRISIS RESOURCES FOR GRIEVING FATHERS

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### IMMEDIATE CRISIS SUPPORT (24/7):

#### United States:

- **988 Suicide & Crisis Lifeline:** Call or text **988** (24/7, free, confidential)
- **Crisis Text Line:** Text "HELLO" to **741741** (24/7, trained counselors)
- **Veterans Crisis Line:** Call **988** then press **1**, or text **838255**

#### Canada:

- **Talk Suicide Canada:** **1-833-456-4566** (24/7)
  - **Crisis Text Line:** Text "HELLO" to **686868**
  - **Kids Help Phone:** **1-800-668-6868** (24/7, all ages)
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### GRIEF-SPECIFIC SUPPORT:

#### United States:

- **The Compassionate Friends (USA):** [www.compassionatefriends.org](http://www.compassionatefriends.org)  
*National organization for bereaved parents, siblings, and grandparents*
- **National Share (Pregnancy & Infant Loss):** [www.nationalshare.org](http://www.nationalshare.org)  
*Pregnancy loss, stillbirth, and infant death support*
- **M.E.N.D. (Mommies Enduring Neonatal Death):** [www.mend.org](http://www.mend.org)  
*Chapters across the US, father-specific resources available*
- **Return to Zero: HOPE:** [www.rtzhope.org](http://www.rtzhope.org)  
*Pregnancy and infant loss support with dad-focused content*

#### Canada:

- **The Compassionate Friends (Canada):** [www.tcfcanada.net](http://www.tcfcanada.net)
  - **PAIL Network:** [www.pailnetwork.ca](http://www.pailnetwork.ca) (*Pregnancy and Infant Loss*)
  - **Bereaved Families of Ontario:** [www.bereavedfamilies.net](http://www.bereavedfamilies.net)
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## FOR FATHERS SPECIFICALLY:

- **Sad Dads Club:** [www.saddadsclub.org](http://www.saddadsclub.org)  
*Online community for fathers grieving any type of child loss*
  - **StillDad Letter Journey:** [stilldad.net](http://stilldad.net)  
*5-week guided writing workshop for grieving fathers*
  - **StillDad Private Listening Sessions:** [support@stilldad.net](mailto:support@stilldad.net)  
*One-on-one confidential listening sessions*
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## LOW-COST COUNSELING OPTIONS:

- **BetterHelp:** [www.betterhelp.com](http://www.betterhelp.com) (*online therapy, sliding scale available*)
  - **Open Path Collective:** [www.openpathcollective.org](http://www.openpathcollective.org) (*therapy \$30-\$80/session*)
  - **Local hospice programs:** Many offer **free grief counseling** — search "[your city] hospice grief support"
  - **Employee Assistance Programs (EAP):** Check with your employer for free confidential counseling (typically 3-8 sessions covered)
  - **Psychology Today Therapist Finder:** [www.psychologytoday.com/us](http://www.psychologytoday.com/us) (*filter by insurance, sliding scale, specialization in grief*)
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## EMERGENCY:

If you or someone you know is in immediate danger, **call 911** (US/Canada) or go to your nearest emergency room.

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*This resource sheet is provided as part of the Stilldad Letter Journey workshop series. It is not a substitute for professional mental health care. If you need immediate support, please reach out.*

## Contact:

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