

Below are a few suggested bereavement resources you may find helpful to support you in your grief journey including links to outside agencies, online tools, and information handouts. This is not a complete list of agencies and organizations. The Saskatchewan Health Authority (SHA) does not recommend one organization over another and is not responsible for the care and services provided. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services. None of these are meant to replace seeking professional advice.

SHA healthcare providers are available for bereavement support and can assist you in exploring available resources in your community and provincially. These resources may include your faith or spiritual community, family practitioner, primary health care networks, private counselling, health care team, funeral homes, palliative care programs, mental health services, etc.

General Adult Grief and Bereavement

- [CS-PIER-0135 Grief and Bereavement Information](#)
- [CS-PIER-0134 End-of-Life Planning A Practical Guide and Checklist](#)
- EFAP (Employee/Family Assistance Programs) – you may have access to counselling services through your employer. Please speak to your employer about what is available.
- [HealthLine 811](#) provides free health information and support telephone services to anyone in Saskatchewan including crisis intervention, support, self-care advice, and referrals. Available 24 hours per day.
- [Saskatchewan 211](#) 24 Hour Crisis Hotlines - is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province.
- [MyGrief.ca](#) has been developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives.
- [Canadian Virtual Hospice Resources](#): The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers, and educators.
- [Whatsyourgrief.com](#): a website that promotes grief education, exploration, and expression in both practical and creative ways, by providing resources for understanding grief, podcasts, and a supportive community.



General Children and Youth Grief and Bereavement

- [KidsGrief.ca](https://kidsgrief.ca) is a free online resource that helps parents support their children when someone in their life is dying or has died. It equips parents with the words and confidence needed to help children grieve life's losses in healthy ways.
- Victoria Hospice – Podcasts Children and Youth Grief: A three-episode series covering Child and Youth Grief, featuring Victoria Hospice Child and Youth Counsellor *Allyson Whiteman*. The three episodes cover Developmental Stages, Resilience, and Ways to Support Children and Youth. <https://victoriahospice.org/podcasts/>
- Calgary Hospice – Children's Grief Centre - Resource Section: Offers helpful resources for grieving children. <https://www.hospicecalgary.ca/childrensgriefcentre/>
- Dougy Centre - Resource Section: offers a wide range of resources for people of all ages who are grieving before and after a death. <https://www.dougy.org/>
- Children and Grief Youth Network: Advocate for educational opportunities and support services that will benefit children and youth who are grieving the dying or the death of someone they care about. <https://www.childrenandyouthgriefnetwork.com/>

Medical Assistance in Dying Grief and Bereavement

- SHA MAID Social Worker: 1-833-473-6243.
- [Bridge C-14](#): the Ottawa-based organization that supports families experiencing a MAID death, offers online support forums that provide you with connections to others with potentially similar concerns. Bridge C-14 provides compassionate support to families throughout their journey with medical assistance in dying.
- Kidsgrief.ca - Chapter 7: Preparing for a medically assisted death - Explaining Medical Assistance in Dying (MAID) <https://kidsgrief.ca/mod/lesson/view.php?id=211>
- Canadian Virtual Hospice Medical Assistance in Dying Site: Thinking about a medically assisted death (MAID) can bring up questions and deep feelings for everyone involved: the person considering MAID, family, friends, ways to support children and healthcare providers. Find answers to common questions, plus information about how MAID works, and about its emotional impacts. <https://www.virtualhospice.ca/MAiD>
- MAID Family Support Society: A Canadian-wide network that provides compassionate, lived-experience support to people considering MAID or those grieving a MAID loss. <https://maidfamilysupport.ca/>

