

RESOURCE PAGE

Presentation Title: Healing Hearts - Supporting the Bereaved Following a Substance-Use Related Death: *Breaking Down the Stigma and Building Understanding, Compassion, Hope and Resilience in Grief*

Date: August 15, 2023

Presenter(s): Jennifer Howard, Program Manager at Moms Stop the Harm (BC); Leslie Hoyga, Member of Moms Stop the Harm and Marilyn Schick, Member of Moms Stop the Harm

Websites, Hotlines, & Social Media Accounts

Resource Title	Link	Notes
Moms Stop the Harm	momsstoptheharm.com	Learn more and visit our website to join as a member in support of our advocacy work and outreach to families.
Healing Hearts bereavement support groups	healingheartscanada.org	If you would like to bring a Healing Hearts bereavement support group to your community please contact: canadahealinghearts@gmail.com
<i>Gone Too Soon</i> - The handbook was created with the guidance of Leslie McBain and Jennifer Woodside, who generously shared their stories and experiences and what they wish they had known in the immediate days after they lost children to drug-related harms, as well as what they wished they had known in the months and years after.	https://www.bccsu.ca/wp-content/uploads/2018/11/Grief-Handbook.pdf	This handbook was written by the BC Centre on Substance Use in collaboration with the BC Bereavement Helpline and the Affected Persons Liaison with the BC Coroners Service. *Free download

The Grief of an Overdose Death (Blog)	https://whatsyourgrief.com/the-grief-of-an-overdose-death/	If you thought the avoidance around death and grief in our society was bad, it is nothing compared to the avoidance of drug related deaths.
Canadian Virtual Hospice	Mygrief.ca	Grief Education Modules Module 24 – When someone has died related to substance use
British Columbia Bereavement Helpline	604-738-9950 Toll-Free: 1-877-779-2223 www.bcbh.ca	The helpline provides free compassionate listening Monday to Friday from 9am to 5pm and can connect you with any appropriate support services available in your area.

Videos & TED Talks

Resource Title	Link	Notes
Mom Stop the Harm - YouTube	https://www.youtube.com/watch?v=n6RB03X-RRw	Dr. Gabor Mate - Understanding Trauma & Addiction
Grief & Bereavement Literacy ECHO series, August 15, 2023, "Healing Hearts" YouTube	https://youtu.be/fZHfozmbhHA	

Books, Peer-reviewed Articles, White Papers

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Understanding Your Grief after a Drug-Overdose Death, by Alan Wolfelt, Ph.D.	https://www.centerforloss.com/bookstore/uyg-drug-overdose/	Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the stigma associated with overdose deaths.

<p>It's Ok That You're Not Ok: Meeting Grief and Loss in a Culture that Doesn't Understand By Megan Devine, MA</p>	<p>https://www.indigo.ca/en-ca/its-ok-that-youre-not-ok-meeting-grief-and-loss-in-a-culture-that-doesnt-understand/9781622039074.html</p>	
<p>Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief <i>By Johanne Cacciatore ,Ph.D</i></p>	<p>https://www.indigo.ca/en-ca/bearing-the-unbearable-love-loss-and-the-heartbreaking-path-of-grief/9781614292968.html</p>	