



## Pet Loss Support Resources

### Pet Loss Support Groups

#### **The Baltimore Humane Society Bereavement Support Group (Reisterstown, MD)**

Veronica Van Hof, certified pet-loss counselor- (410) 833-8848 ext.219 to RSVP or email [cemetery@bmorehumane.org](mailto:cemetery@bmorehumane.org). **Meets first Tuesday of each month at 7 pm.**

<https://bmorehumane.org/cemetery-services/bereavement-counseling-and-support/>

Facebook page: <https://www.facebook.com/bmorehumanepetloss>

#### **Lifting Others Up Pet Loss Support Group (Baltimore, MD, *Virtual/online*)**

Karen Klima, PGSS-C and PLGS, RN - 410-925-8587 **Meets 3rd Thursday of each month at 7 pm.**

Facebook Page: LOU: Lifting Others Up <https://www.facebook.com/groups/LOUPetLossSupport/>

### Pet Loss Support Hotlines

#### **Nikki Hospice Foundation for Pets Help Line**

(707) 557-8595 | [www.pethospice.org](http://www.pethospice.org)

#### **People Animal Love (PAL) Pet Loss Comfort Line**

(202) 9660 2171 | Email: [info@peopleanimalslove.org](mailto:info@peopleanimalslove.org)

The PAL line can be accessed by calling the PAL office in Washington, D.C., Mon-Fri 9am to 5pm. You will be referred to a PAL counselor.

<http://peopleanimalslove.org/programs/pet-loss/>

### Pet Loss Support Websites

#### **Association for Pet Loss and Bereavement**

<https://www.aplb.org/> Hosted chat rooms where pet loss and grief can be discussed.

## **Pet Loss Support Page**

<https://www.pet-loss.net/index.shtml>

## **Help Guide**

<https://www.helpguide.org/articles/grief/coping-with-losing-a-pet.htm>

## **Losing Lulu**

*\*Support Specifically for loss due to Behavioral Euthanasia\**

<https://www.facebook.com/groups/losinglulu>

## **Counselors Specializing in Grief and Loss**

### **The Family Center Grief and Loss Counseling (Ellicott City, MD)**

(410) 531-5087. <https://www.thefamilycenter.tv/how-we-can-help>

Solutions-oriented approach to grief and loss counseling for children, teens, adults, and families. Call for a consultation.

### **Cathleen Baker RN & Pet Recovery Counselor (Woodbine, MD)**

(631) 923-8646. <https://www.cathleenbakerlifecoach.com/>

Call for a consultation. Registered Nurse, Certified Life Coach, and a Certified Pet Grief Counselor.

## **Local / National Resources**

### **National Suicide Prevention Lifeline**

1 (800) 273-8255. [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org). Free | 24/7 | Nationwide

### **National Domestic Violence Hotline**

(800) 799-SAFE. [Thehotline.org](http://thehotline.org). Free | 24/7 | Nationwide | Live chat also available

### **United Way Social Services/ Mental Health Referral**

Phone number: 211. [211.org](http://211.org) Free | 24/7 | Nationwide

### **Crisis Response System Hotline (Baltimore County, MD)**

(410) 931-2214 <https://www.thesantegroup.org/where-we-work/baltimore-county-md/>

Crisis hotline, provide referrals to other agencies, Mental health first responders. Free, 24/7.