



Animal Loss Grief Resources

Adaptable, Available, and Here for You

Books for Adults



- [*The Grief Recovery Handbook for Pet Loss*](#) by R. Friedman, C. James and J. James
- [*The Pet Loss Companion*](#) by K. Vecchio & N. Saxton-Lopez
- [*When Your Pet Dies: A Guide to Mourning, Remembering and Healing*](#) by Alan D. Wolfelt, Ph.D.
- [*The Book of Pet Love and Loss*](#) by Sara Bader
- [*Beyond the Rainbow Bridge: A Thoughtful Guide to Coping With the Loss of a Horse*](#) by Kimberly Gatto

Books for Children

- [*My Pet Died: A Coloring Book for Grieving Children*](#) by A.D. Wolfelt, Ph.D.
- [*Being Brave for Bailey*](#) by Dr. Corey Gut, DVM (loss of a dog)
- [*Staying Strong for Smokey*](#) by Dr. Corey Gut, DVM (loss of cat)
- [*The Invisible Leash: An Invisible String Story About the Loss of a Pet*](#) by Patrice Karst
- [*The Tenth Good Thing About Barney*](#) by Judith Viorst

Additional Resources

- [Association of Pet Loss & Bereavement reading list](#)
- [Schwarzman Animal Medical Center book list](#)

Articles



- [*Coping with the Loss of a Pet: A Guide for Adults, Children & Surviving Animals*](#) by the Ohio State University Honoring the Bond
- [*Taking Care of Yourself*](#) by ALPB

Videos



- [*"The Animal Loss Grief Journey"*](#) by Veterinary Social Work Services at UT
- [*Pet loss grief: the pain explained*](#)- Dr. Sarah Hoggan, DVM- TEDxTemecula
- [*Self-Care While Grieving Pet Loss*](#) by Lap of Love

Podcasts



- [*The Pet Loss Companion*](#) by K. Vecchio & N. Saxton-Lopez (both are family therapists)
- [*Coping with Pet Loss with Dr. Katie Lawlor*](#) on the Good Mourning Podcast

Pet Loss Support Groups



- [University of Tennessee's Veterinary Social Work Services](#)- free virtual meetings
- [Human Animal Bond Trust](#)- free virtual meetings
- [Lap of Love](#)- free & low cost virtual meetings

Group Chat Room/ Facebook Groups

- [Association for Pet Loss & Bereavement \(APLB\)](#)
- [Lap of Love](#)
- [Losing Lulu](#) (specifically for euthanasia for behavioral reasons)
- [The Equine Grief Support Group](#)

1:1 Sessions



- [Sessions with UT's Veterinary Social Work Services](#) (Client must be a TN resident)
- [Lap of Love Sessions with a Grief Specialist](#)