

Family Support Resources

Every year in BC, many families choose to give the ultimate gift: the gift of life. While this gift is deeply appreciated by transplant recipients, there are many complex emotions involved when a loved one becomes an organ donor. The following is a list of some resources available to families in throughout BC.

Please also consider connecting with BC Transplant's Donor Family Services Program at donorfamily@bct.phsa.ca or **604-877-2143** to further discuss support resources available in your community.

Crisis Support	
1-800-SUICIDE (1-800-784-2433) 310 Mental Health Support (310-6789)	<ul style="list-style-type: none"> • Free crisis counselling 24 hrs / 7 days • Free emotional support, mental health information and resources 24 hrs / 7 days
<i>KUU-US Crisis Line for Indigenous Adults/Elders & Youth</i> 1-800-588-8717	<ul style="list-style-type: none"> • Free counselling for Indigenous adults/elders & youth 24 hrs / 7 days

End of Life Planning	
<i>After a Death: What to Do When Someone Dies</i> https://www2.gov.bc.ca/gov/content/life-events/death/after-death	<ul style="list-style-type: none"> • Comprehensive guide including: <ul style="list-style-type: none"> ○ First Steps ○ Getting Emotional & Financial Support ○ Planning a Funeral or Memorial ○ Managing Wills & Estates ○ Who to Notify • Includes the After a Death Checklist.

Grief & Bereavement – General	
<p>BC Bereavement Helpline bcbh.ca 1-877-779-2223 (M-F, 9am-5pm) contact@bcbh.ca</p>	<ul style="list-style-type: none"> • Non-profit, free, and confidential service that connects the public to grief support services in over 80 communities in BC.
<p>Counselling BC counsellingbc.com</p>	<ul style="list-style-type: none"> • Online directory of counsellors practicing in BC.
<p>BC Association of Clinical Counsellors bc-counsellors.org</p>	<ul style="list-style-type: none"> • Online directory of Registered Clinical Counsellors practicing in BC.
<p>Maple Virtual Health getmaple.ca</p>	<ul style="list-style-type: none"> • Connect with a licensed therapist for mental health help online. You can chat by text, audio, or video. • Consultations are \$120 and sessions are 50 mins in length. Cost covered by many health benefit plans.
<p>Family Services of Greater Vancouver fsgv.ca/programs/counselling</p>	<ul style="list-style-type: none"> • Subsidized counselling services available based on an assessment of income. • Services available in multiple languages. • Waitlist for services.
<p>Lower Mainland Grief Recovery Society lmgr.ca</p>	<ul style="list-style-type: none"> • Non-profit organization organizing grief education and support groups in the greater Vancouver area.
<p>Directory of Hospice Societies in BC bchpca.org/directory-of-members</p>	<ul style="list-style-type: none"> • Local hospice societies often have free or low cost grief and loss counselling and groups. • Contact your local hospice society for more information about their programs.

Grief & Bereavement – Children	
<p>The Compassionate Friends of Canada – BC Chapters tfcCanada.net/chapters/british-columbia</p>	<ul style="list-style-type: none"> • International, non-profit, peer support organization offering grief education and support to families who are grieving the death of a child at any age, from any cause. • Located in 22 communities in BC
<p>Lumara – Grief & Bereavement Care lumarasociety.org</p>	<ul style="list-style-type: none"> • Supports children, youth, adults & families impacted by serious illness, grief & loss. • Support groups & community events including Camp Kerry.

<p>Kids Grief – Canadian Virtual Hospice kidsgrief.ca</p>	<ul style="list-style-type: none"> Free online resource that helps parents and caregivers support their children when someone has died.
<p>The Dougy Center – The National Center for Grieving Children and Families dougy.org</p>	<ul style="list-style-type: none"> Specializing in grief education and support of children, youth, and their families who are grieving a death.

Grief & Bereavement – Overdose & Addiction	
---	--

<p>Gone Too Soon: Navigating Grief & Loss As a Result of Substance Use www.bccsu.ca/gone-too-soon-canada-english</p>	<ul style="list-style-type: none"> Resource package focussed on grief & loss in the context of addiction and overdose. Produced by the BC Centre on Substance Use.
<p>Moms Stop The Harm momsstoptheharm.com</p>	<ul style="list-style-type: none"> A network of Canadian families impacted by substance-use-related harms and deaths. Advocate for the change of failed drug policies, provide peer support to grieving families, and assist those with loved ones who use or have used substances.
<p>Healing Hearts Canada healingheartscanada.org</p>	<ul style="list-style-type: none"> Free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use-related harms. Offered by <i>Moms Stop The Harm</i>.

Grief & Bereavement – Medical Assistance in Dying (MAiD)	
---	--

<p>Bereavement Group for MAiD Island Health Authority</p> <p>Oceana Hall, SHP, M.Ed, M.Div., RCH, CASC <i>Clinical Specialist</i> 250-886-1077</p>	<ul style="list-style-type: none"> MAiD bereavement group located in Victoria, BC. Offers virtual participation through a secure video link. Please contact for details.
<p>Bridge C-14 bridgec14.org</p>	<ul style="list-style-type: none"> A network of peer-to-peer connections and community supports through all stages of Medical Assistance in Dying in Canada.

Grief & Bereavement – Suicide	
<p>Hope and Healing: A Practical Guide for Survivors of Suicide https://www.health.gov.bc.ca/library/publications/year/2007/HopeandHealing.pdf</p>	<ul style="list-style-type: none"> • Resource package focussed on grief & loss in the context of suicide.
<p>Suicide Attempt Follow-up, Education & Research (S.A.F.E.R.) vch.eduhealth.ca/PDFs/GV/GV.150.S948.pdf</p>	<ul style="list-style-type: none"> • Offers individual counselling and groups to individuals who have lost someone to suicide. • Open to Vancouver residents over age 18.
<p>Suicide Grief Support Group (Online) Crisis Intervention & Suicide Prevention Centre of BC crisiscentre.bc.ca/suicide-loss/</p>	<ul style="list-style-type: none"> • Online support group for those bereaved by suicide.
<p>Suicide Loss Peer Support Group Need2 Suicide Prevention Education & Support need2.ca/programs/support-group</p>	<ul style="list-style-type: none"> • A support group for adults who have lost a loved one to suicide.

Grief & Bereavement – Homicide	
<p>BC Victims of Homicide https://bcbh.ca/pages.php?pID=12</p>	<ul style="list-style-type: none"> • Online, 8 week support groups for people who have lost a loved one by homicide.

Grief & Bereavement – Online Resources & Communities	
<p>Canadian Virtual Hospice virtualhospice.ca</p>	<ul style="list-style-type: none"> • Provides support and personalized information about grief and loss. • Hosts online discussion forums for people who are grieving.
<p>What's Your Grief? whatsyourgrief.com/</p>	<ul style="list-style-type: none"> • Online community with comprehensive resources to support people who are grieving.
<p>Center for Loss & Life Transition Dr. Alan Wolfelt centerforloss.com</p>	<ul style="list-style-type: none"> • An organization dedicated to helping people who are grieving and those who care for them. • Led by Dr. Alan Wolfelt, death educator and grief counsellor.
<p>Refuge in Grief Megan Devine refugeingrief.com</p>	<ul style="list-style-type: none"> • Megan Devine is a psychotherapist, writer, and grief advocate who has created an online community and resource to support people who are grieving.