

## Atlantic Veterinary College Pet Loss Resources

This handout is meant to provide resources for pet owners who are faced with the challenging situation of making decisions for their pet based on a recent diagnosis or quality of life concern, or who may have experienced the loss of a companion animal member of their family. The first section provides resources for those who are in immediate crisis or are in profound distress. The second section provides information for resources to help manage loss and grief over the longer term.

### Section 1:

At the Atlantic Veterinary College, we know that animal owners often experience profound grief, when preparing for an impending loss and when their pet dies. Those emotions can be intense for many people, and if you are experiencing an immediate mental health challenge or are contemplating suicide, here are a list of resources:

**Crisis Services Canada** Call [1-833-456-4566](tel:1-833-456-4566) Text [45645](tel:45645) Visit [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca)

**Centre for Suicide Prevention** Visit [www.suicideinfo.ca](http://www.suicideinfo.ca)

**Canadian Association for Suicide Prevention** Visit <https://suicideprevention.ca/need-help/>

**Newfoundland and Labrador Crisis Hotline:** 1-888-737-4668

**New Brunswick Crisis Hotline:** 1-800-667-5005

**Nova Scotia Crisis Hotline:** 1-888-429-8167

**Prince Edward Island Crisis Hotline:** 1-800-218-2885

### Section 2:

It is normal to experience intense grief after the loss of a beloved pet, and it is normal to struggle through that process. Many people require support and resources from others who understand what they are going through. This compilation of resources may be of benefit for finding that support.

**Online Communities:** These are communities for people who have lost a companion animal to come together and share their thoughts and feelings. Several offer additional resources.

<http://www.rainbowbridge.com>

<http://www.chanceSpot.org/pet-loss-support/index.php>

<http://www.letterstopushkin.com>

### **Online Grief/Bereavement Resources:**

<http://www.helpguide.org/articles/grief-loss/coping-with-pet-loss.htm>

<http://www.everlifememorials.com/v/pet-loss.htm#articles>

<http://www.petsatpeace.ca/grief-resources/>

<http://www.pet-loss.net>

<http://www.aplb.org>

<http://www.petloss.com/petlossbooklist.htm>

<https://riedelcody.org>

<http://www.pragmaticmom.com> (Books for children)

