

What is grief and where do I start?

Grief is the natural, emotional response when someone (or something) we care about is taken away.

The grief process is individualized and is not linear. Aspects of grief can come and go at different times, and they do not happen in any particular order. You might find that bereavements do not all feel the same, this is normal.

Grieving and mourning are an ongoing process, you may feel different things over time. Acknowledge your emotions and allow yourself time and space to grieve.

Support options:

- Turn to family and friends.
- Seek counseling (Contact your insurance company).
- Utilize employer's Employee Assistance Program (EAP).
- Reach out to a support group or church or other place of worship.
- Call, text, chat a support help line.

Fort Wayne Police Department Social Work

If you find yourself feeling overwhelmed, you don't see a resource that is the right fit, need help identifying resources, or perhaps you have a different need, please reach out to Tamra Powell, social worker with the FWPD, for support and guidance.

Social worker will respond to all calls, texts and emails.

Tamra Powell Social Worker

Phone

260-427-5785 (Office)
260-415-8423 (Cell)

Email

tamra.powell@cityoffortwayne.org

Grief Support Resources Allen County, Indiana



"Grief is as unique as your fingerprint" -David Kessler

Find support

-Lutheran Social Services of Indiana:
Support Groups
Individual and Family Therapy
260-426-3347
<https://lssin.org/>

-Peggy F. Murphy Community Grief
Center:
Support Groups
Individual Counseling
Memorial Services
260-435-3222
<https://stillwater-hospice.org/grief-support-2/grief-support/>

-Erin's House for Grieving Children:
Support Groups
Camps and Retreats
260-423-2466
<https://www.erinshouse.org/services>

-Mom of an Addict:
Support Groups and Education
<https://www.themomofanaddict.org/>

Additional Resources

-The Crisis Text Line- 24/7 support
Text HOME to 741741

-Substance Abuse and Mental Health
Services Administration (SAMHSA)

-Free and confidential hotline
1-800-662-HELP (4357)

-Suicide and Crisis Lifeline
-Call or text 988

-Grief Share
Find local support groups at
griefshare.org or
1-800-395-5755

-Lutheran Social Services Family
Support Resource Line:
260-427-5808

For additional assistance with
resources:

-Call 211 or visit www.in211.org

-Connect Allen County
connectallencounty.com
260-901-5480

Funeral & Burial Assistance

Allen County Township Trustee Office

<https://www.allencounty.us/government/community/allen-county-township-trustees>

Indiana Health Coverage Program - Burial Assistance

Available to recipients in the Medicaid aged, blind, and disabled categories.

Contact funeral home or cemetery and request that they apply on your behalf.

<https://www.in.gov/fssa/dfr/about-dfr/about-the-burial-assistance-program/>