

Pet Loss Support

The pets in our lives are friends, family members, sources of support, and providers of unconditional love. Their loss leads to grieving like any other significant loss of life. Grief is a normal, natural process following the loss of a loved one, whether it be human or animal. However, it can be difficult to navigate the emotions associated with grief including the physical effects (like headache, loss of appetite, tremors, exhaustion), emotional effects (anger, guilt, sadness, anxiety), psychological effects (confusion, lack of concentration), and the behavioral effects (crying, withdrawal, change of relationships).

It is important that following the loss of a beloved pet, you allow yourself to grieve. Surround yourself with others who understand the bond you had with your companion and with whom you can openly discuss your grief. Be patient with yourself and know that backslides in the healing process will occur. This is normal and natural. If you feel you need additional support following the loss of a companion, please use the following information to obtain supportive, non-judgmental assistance:

Local Assistance

Hamilton's Pet Loss Support Group

West Des Moines

515-697-3666

HFHAcademy@HamiltonsFuneralHome.com

<http://www.hamiltonsfuneralhome.com/academy/detail.aspx?p=18>

Suicide and Mental Health Crisis Resources

Suicide and Crisis Lifeline

Call: 988

Chat: <https://988lifeline.org>

Crisis Text Line

Text HOME to 741741

www.crisistextline.org



National Assistance

Chicago Veterinary Medical Association

Pet Loss Helpline and Support Group: 630-325-1600

Cornell University College of Veterinary Medicine

Pet Loss Support Hotline: 607-253-3932

Sundays and Tuesdays, 6-9 pm EST

(hours are subject to frequent change; consult website:

<https://www.vet.cornell.edu/impact/community-impact/pet-loss-resources-and-support>)

Tufts University College of Veterinary Medicine

Pet Loss Support Hotline: 508-839-7966

Monday-Thursday during the academic year,
6-9 pm EST (hours vary during the summer)

<http://vet.tufts.edu/petloss/>

Lap of Love Pet Loss Support Groups (Virtual)

<https://www.lapoflove.com/our-services/pet-loss-support>