



Grief Supports

"Love is strong. Love lives on."

Hospice and Palliative Care

- Offers bereavement and grief services free of charge for a certain number of sessions based on individual's needs.
- Offers individual counseling and support groups.
- Various locations throughout the Charlotte area.
- Self-Referral- Interested individuals are encouraged to call (704)- 375-0100
- <http://hpccr.org>

KinderMourn

- Offers individual counseling and support groups for bereaved parents, children, and teens.
- Self-Referral- Interested individuals are encouraged to call (704)- 376-2580.
- <http://Kindermourn.org>

Collaborative Pathways

- Offers individual counseling services
- Self-referral
- Free 15 minute consultation schedule through the website - <https://collaborativepathways.org>

Promise Resource Network

- Offers classes for various supports
- 24/7 Warm Line- (833)-390-7728
- Visit <https://promiseresourcenetwork.org> under the Recovery Hub tab for additional support classes and groups

United Way 2-1-1 Information and Referral Service

- Referral assistance for nonprofit and resources in Mecklenburg County and some surrounding areas. Dial 2-1-1.

National Alliance for Children's Grief

- Offers various resources and support for caregivers or community of children experiencing grief.
- <https://childrengrieve.org>

For emergency mental health response, call Atrium's Behavioral Health Help Line at (704) 444-2400 or Mecklenburg County Mobile Crisis at (704) 566-3410

- Hospice Centers offer free grief counseling regardless of the individual receiving treatment in that facility. Novant Hospice they are on the corner of 6th and McDowell down from the post office. They offer group and individual
- The North Carolina Department of Health and Human Services, in partnership with the North Carolina Psychological Foundation, created **Hope4Healers**, a confidential mental health support for child care professionals who are on the front lines of the pandemic. This resource is available to you and your family members at no cost. **Hope4Healers** offers a timely, easily accessible helpline that is staffed 24/7 with counselors trained in helping when you call this number **919-226-2002**.

NORTH CAROLINA
Child Care Professionals

Do you or your family members need FREE emotional support from being on the COVID-19 frontlines?

NC Licensed Therapists are ready to listen!

NORTH CAROLINA HOTLINE
HOPE 4 HEALERS

(919) 226-2002

In partnership with the NC Department of Health and Human Services and the North Carolina Psychological Foundation

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