

Pet Loss Support

The pets in our lives are considered to be friends, family members, sources of support, and providers of unconditional love. Their loss leads to grieving similar to 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

Iowa Help Line

Call: 855-800-1239

Chat or Text

<http://iowahelpline.org/>

Suicide Lifeline

Call: 800-273-8255

<https://suicidepreventionlifeline.org/>



National Assistance

American Society for the Prevention of Cruelty to Animals

Pet Loss Hotline: (877) GRIEF-10 (877-474-3310)

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

Tuesdays and Thursdays, 6-9 pm EST

Tufts University College of Veterinary Medicine

Pet Loss Support Hotline: 508-839-7966

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

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

Virginia-Maryland College of Veterinary Medicine

Pet Loss Hotline: 540-231-8038

Tuesdays and Thursdays, 6-8 pm EST

<http://www.vetmed.vt.edu/vet-memorial/support.asp>

Washington State College of Veterinary Medicine

866-266-8635

<http://www.vetmed.wsu.edu/outreach/pet-loss-hotline>