



Pet Loss Resources in Charlottesville and online

By phone or in-person

(Many veterinarian schools across the U.S. have their own pet loss hotlines)

Pet Loss Support Telephone Hotline – Virginia

540-231-8038

Tuesday and Thursday 6-9 p.m.

- Messages may be left and hotline personnel will call you back during operating hours.
- Staffed by Virginia-Maryland Regional Veterinary School Students

ASPCA Pet Loss Hotline

877-GRIEF-10 (877-474-3310)

- Assistance with the decision to euthanize
- Comfort and support at the time of euthanasia
- Help with grieving the loss
- Advice on dealing with children, elderly, or disabled who are facing a death of a pet
- Helping the surviving animals in the household to cope
- Assistance in establishing a relationship with a new pet

Iams Pet Loss Support Line

888-332-7738

Monday through Friday 9 a.m.-6 p.m.

Individual Counseling for Pet Loss in Charlottesville

Marguerite David, MSW

434-760-1330

Grief support and coaching at any stage of pet loss, including when you are making medical decisions for your pet

www.margueritedavid.com

Support provided on a donation basis

Jule Millard, PhD, LPC

434 823-2130

Life coaching / healing grief and loss

yourlifebalancedva.com

Lewis Weber, PhD., LCSW, CGP

434-963-0324, x 2

Grief and loss counseling

<http://www.weberpsychotherapy.com>



For a bibliography on books about pet loss

<http://www.aplb.org/resources/books.html>

Websites, articles, and chat rooms

Articles about pet loss, grieving, and helping a child: <http://www.aspca.org/pet-care/pet-loss>

Articles about pet loss and grieving a pet: <http://www.petpartners.org/page.aspx?pid=372>

Links to pet loss resources: <http://www.dogfencediy.com/library/pet-loss-resource-guide/>

The Association for Pet Loss and Bereavement

www.aplb.org for articles and other resources

- **Online chat rooms through APLB:**

- *Live Anticipatory Bereavement Chat Room* http://www.aplb.org/chat/chat_ante.php
Moderated meeting times first and third Thursdays of each month 8-10 p.m.
- *Live Pet Loss Chat Room* http://www.aplb.org/chat/chat_petloss.php
Moderated meeting times Mon Tues Wed & Friday 8-10 pm and Sunday 2-4 p.m.

Email addresses are available to contact moderators between chat sessions

Rainbow Bridge Pet Loss Grief Center

<http://www.rainbowsbridge.com> for articles and other resources

- **Online grief discussions and chats:**

- http://www.rainbowsbridge.com/Grief_Support_Center/Grief_Support_Home.htm

Pet Loss Forum – online discussion of pet loss and grief, where you can post questions or comments.

Live Pet Loss Chat (for adults) – more personal contact with others. Open 24 hours/moderated 8-12 p.m.

Live Teen Pet Loss Support Chat (ages 13-17) moderated nightly. Moderators available to listen and support teens during the chat.