**Websites**

[www.widowsquad.com-Widow](http://www.widowsquad.com-Widow) Help

Pathlightbh.com-Mood and anxiety Help

Pray.com Bible & Daily Prayer-A App

Inside Then Out.com -Tools to be more intentional living

Mindbloom.com-Mental Health Treatments

Writings from a Widow.com-Blog

<https://helloalma.com/> Find a Therapist

<https://www.betterhelp.com/> Find a Therapist

Therapist.com Find a Therapist

<https://www.widowedandyoung.org.uk/> -UK Charity for ALL those who lose a partner

<https://hospicefoundation.org/> - Hospice

<https://widowsconnection.org/> -Widow Help

<https://evermore.org/> -Evermore is a national nonpartisan nonprofit dedicated to improving the lives of bereaved children and families.

<https://lifeafterlosses.com/> -Life after losses Widower

Website-ForeverMissed.com

Website-Lionheart Grief Coaching-The grief retreat [https://lionheartgriefcoaching.support](https://lionheartgriefcoaching.support/)

Website-Productivity Boosters Club <https://www.productivityclub.co.uk/>

Website-Talkiatry- <https://www.talkiatry.com/>

Website-Hero Journey Club- <https://www.herojourney.club/>

Website-Mindvalley- <https://www.mindvalley.com/var>

Website-Grief and Grits https://www.griefandgrits.com/

Website-Art is a free therapy <https://thearttherapyproject.org/>

Website-Reboot Recovery <https://rebootrecovery.com/>

Website-The global confidence academy- <https://www.theglobalconfidenceacademy.com/?r_done=1>

Website-Amber Deylon-Grieve and Breathe Rituals <https://www.amberdeylon.com/>

Website- <https://www.innershe.com/>