

**Jefferson Animal Hospital &
Regional Emergency Center**
4504 Outer Loop / P.O. Box 19378
Louisville, KY 40219
Phone 502.966.4104
Fax 502.966.3904
Email jahdoctor@aol.com

Jefferson Animal Hospitals
www.jeffersonanimalhospital.com

Jefferson Animal Hospital East
5400 Del Maria Way
Louisville, KY 40291
Phone 502.499.6535
Fax 502.495.6325
Email jaeast@aol.com

Coping With Pet Loss

For many people, a pet is not just an animal, it is a special friend. Coping with the loss of a beloved pet can be a very difficult process for everyone in the family. Whether pet loss is due to death as result of illness or injury, displacement, or the need to give up the pet to a new home, it can take a serious toll on your emotions and it can deeply impact your life.

When faced with the loss of a companion animal, you may be shocked to find yourself experiencing grief. Allowing yourself to grieve over the loss of a pet is a very important and necessary process. Normal grieving can include feeling numb or irritable, feeling depressed, crying and feeling hopeless.

It is likely that you will recover from your loss on your own, but some people find it helpful to share the experience with others whether it is with friends, family or members of a pet-loss support group. Reading about pet loss can also be helpful to both adults and children.

Recommended Reading for Adults:

Coping with the Loss of a Pet, Christina Lemieux & Wallace Clark, 1992
Living Through Personal Crisis, Ann Kaise Stearnes, 1984
Maya's First Rose, Martin Scott Kosins, 1992
When Your Pet Dies: How to Cope with Your Feelings, J. Quackenbush & D. Graveline, 1985
Pet Loss: A Thoughtful Guide for Adults & Children, H.A. Nieburg & A. Fischer, 1982
A Final Act of Caring – Mary & Herb Montgomery, 1993
Good-bye My Friend, Mary & Herb Montgomery, 1993

Recommended Reading for Children:

When a Pet Dies, Fred Rogers
A Special Place for Charlee, Debby Morehead
The Tenth Good Thing about Barney, Judith Viorst
I'll Always Love You, Hans Wilhelm

Some Helpful Links:

Chance's Spot Pet Loss and Support Resources <http://www.chancepot.org/index.htm>
American Veterinary Medical Association Pet Loss Resources
http://www.avma.org/animal_health/brochures/pet_loss/pet_loss_brochure.asp
The Association for Pet Loss & Bereavement <http://www.aplb.org/>
Rainbow Bridge Pet Loss Support <http://rainbowbridge.com/>
Pet Loss Grief Support <http://www.petloss.com/>