

Nationwide Grief Support Groups - Online

Several reputable nationwide online grief support groups are available, each offering different formats such as peer-led meetings, structured programs, and 24/7 communities. Below are some of the strongest options based on expert-reviewed sources.

Virtual Grief Support (Free, Peer-Led)

A fully online platform offering free virtual peer-led grief support groups, a grief chat community, and free online grief courses. It's open to anyone who has lost a loved one and provides multiple group types based on the nature of the loss.

Best for: People seeking no-cost, flexible, peer-driven support.

Grief in Common (General Loss, Zoom Groups & 24/7 Chat)

Provides daytime and evening online support groups, individual coaching, and a **24/7 live chat room** for immediate connection. The platform is designed to help people find others with similar experiences and offers both structured and self-paced grief resources.

Best for: Those wanting ongoing community interaction and flexible meeting times.

GriefShare Online (Structured Program)

A well-known grief recovery program offering online group meetings, weekly video sessions, and guided discussions. Most groups charge about \$20 for materials, and you can join any group nationwide that fits your schedule.

Best for: People who prefer a structured, faith-informed curriculum with consistent weekly sessions.

My Grief Angels (Free, Inclusive, Peer-Led)

A non-religious, all-inclusive online community offering free peer-led grief support groups, grief education, and specialized groups (e.g., LGBTQIA+, disabilities, pet loss). It's volunteer-run and designed for people grieving or anticipating a loss.

Best for: Those seeking a diverse, inclusive, and completely free support environment.

Healthline's Expert-Reviewed List of Top Online Grief Groups

Healthline compiled a list of the 10 best online grief support groups, each tailored to specific types of loss.

Examples include:

- **Grief in Common** – all losses
- **The Compassionate Friends** – loss of a child or sibling
- **HealGrief / Actively Moving Forward** – young adults
- **Grief Anonymous** – social-media-based support
- **First Candle** – pregnancy & infant loss
- **Soaring Spirits Widowed Village** – loss of a spouse
 - **CancerCare** – cancer-related loss
 - **Twinless Twins** – loss of a twin
- Pet loss groups through The Anti-Cruelty Society

Best for: Anyone wanting a curated list of specialized groups.