



Suggested Reading

Adults

W.J. Kay, H.A. Neiburg, A.H. Kutscher, R.M. Grey, C.E. Fudin (Eds.), *Pet Loss and Human Bereavement*, Iowa State University Press.

L. Lagoni, C. Butler, S. Hetts, *The Human-Animal Bond and Grief*, W.B Sanders Co.

H.A. Nieburg, A. Fisher, *Pet Loss: A Thoughtful Guide for Adults and Children*, Harper-Perennial.

W. Sife, *The Loss of a Pet*, Howell Book House.

Children

H. Keller, *Good-bye Max*, Greenwillow Press.

F. Rogers, *When a Pet Dies*, Putnam Publishing.

S. Sibbutt, *Oh, Where Has My Pet Gone?* B. Libby Press.



Pet Loss Hotline

866-266-8635 (toll-free) or
509-335-5704 (local calls)

Email: plhl@vetmed.wsu.edu

Monday–Thursday 7:00–9:00 p.m.

Saturday 1:00–3:00 p.m.

Pacific Time



www.vetmed.wsu.edu/PetLoss

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Pullman, WA 99164-7010

Washington State University
College of Veterinary Medicine
and the Pet Loss Hotline volunteers would like
to especially thank



for their generous contributions
and making possible the continuing work of
this hotline.

Grieving?



You don't have to be alone.

The loss of a beloved pet is often difficult.
We understand the depth of your loss.

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866-266-8635

*Call anytime to leave a message and we will return
your call during our regular hours.*

Monday–Thursday 7:00–9:00 p.m.

Saturday 1:00–3:00 p.m.

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COLLEGE OF
VETERINARY MEDICINE



It's okay to love and miss your pet.

Good, loyal friends are cherished. Sometimes they come in the form of a loving dog or cat who knows just when to cuddle up next to you. Perhaps your best friend is a beloved bird, reptile, or rodent. Or maybe your favorite companion lives in the barn, where you go to visit and relax.

If you've lost a good friend, or are faced with deciding the future of that friend, we are here to help. We will listen without judging and support you through this difficult time.

Most of all, we want you to know that it's perfectly natural to feel the way you are feeling. It's natural to feel sadness; after all, your pet has been an extraordinary companion. Grief is expressed in many different ways and each situation is unique.

Our **Pet Loss Hotline** volunteers offer compassion and understanding. We hope that by calling or emailing us from the privacy of your home, you will be able to express some of your grief and start the healing process.

Hours

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Pacific Time Zone

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Who we are

Our Pet Loss Hotline volunteer staff is a group of veterinary students attending Washington State University's College of Veterinary Medicine who have been trained in grief education by a licensed therapist.

They are volunteers, many of whom have experienced the loss of a beloved pet. By helping others through this painful time, they hope to become better, more compassionate veterinarians.

- You may call at any time and leave a message; we will return your call during our regular hours. Please keep in mind we are in the **Pacific Time Zone**.
- If you live outside the area, we have a toll free number to aid in the ease of your call.
- You can also email us at any time; our volunteers will respond during our regular hours. Some people prefer communicating in this way when dealing with difficult and personal emotions.

Our volunteers are well equipped to support you through your time of loss. We welcome your emails and calls.

Please also visit our website at

www.vetmed.wsu.edu/PetLoss

for resources and information on grief, loss, and euthanasia.



Questions you may wish to explore when you call or write:

- How do you know when it is time to say goodbye?
- How long will this grief last?
- This loss hit me harder than losses I've had with human family members; is that wrong?
- What are options I can explore when deciding about euthanasia?
- Why do I feel guilty over this euthanasia?
- What are my options when it comes to dealing with my pet's remains?
- What are some ways I can memorialize my pet?
- Should I get another pet, and if so, how long should I wait?
- Do other pets grieve when there is a loss in the family?
- How do I explain euthanasia or loss to my child?
- My partner is grieving differently from me. How do we get through this?