

Aliso Beach Animal Clinic  
Dr. Susan Davis, D.V.M.  
Dr. Paul Reid, D.V.M.  
30816 Coast Hwy.  
South Laguna, CA 92651  
(949) 499-4190

### Suggestions for Coping with the Loss of a Pet

- Acknowledge that it is normal to not only grieve, but to experience a range of emotions such as anger, guilt, denial or depression. However, try to focus on the grief rather than anger or guilt for the death of a beloved pet.
- Try to concentrate on the happy memories rather than the sad. Remember how you felt when your pet was alive and try to feel that way.
- It may be a good idea to create some sort of memorial or burial ceremony to say a final good-bye. This may help to bring closure to the situation.
- If your emotions start to affect your work and/or school, or your sadness does not fade, acknowledge that it may be a time to seek guidance from your Veterinarian, a grief or mental health counselor, or anybody you can talk to about your feelings.

Here is a list of phone numbers and websites you may call or visit that may aid in coping with your bereavement.

UC Davis Pet Loss Hotline	800-565-1526
Pet Loss Website	<a href="http://www.petloss.com">www.petloss.com</a>
Azimuth Mental Health Association Mon-Sat, 6pm-8pm	800-767-7264
Tufts University Pet-Loss Grief Support Hotline	508-839-7966
Argus Institute Grief Resources and Information	<a href="http://www.argusinstitute.colostate.edu/grief.htm">www.argusinstitute.colostate.edu/grief.htm</a>
Tufts University Pet-Loss Grief Support Website	<a href="http://www.tufts.edu/vet/petloss">www.tufts.edu/vet/petloss</a>
Dr. Diane Kelley Pet Bereavement Counseling	310-559-3164