

County of Los Angeles Department of Medical Examiner
1104 North Mission Road, Los Angeles, CA 90033
(323) 343-0512
8 a.m. to 5 p.m., Monday-Friday, except County holidays

(323) 343-0714
24 hours a day, 7 days a week

me.lacounty.gov



We offer our most sincere condolences to you and your family for the loss of your loved one. We hope this information helps assist you through your grief and provides support during this trying time.

Self-Care for Grief

First Steps: Tremendous stress and sorrow are often experienced during this time. Please remember to take a moment and care for yourself if you are overwhelmed. Here are a few suggestions to guide you through this process:

1. Reach out to family, friends, and/or clergy for support and comfort.
2. Select a mortuary to help make arrangements for the funeral and your loved one's remains. You may need to call several funeral homes to find the best fit and pricing. The funeral director will arrange the transport of your loved one's remains back to the funeral home following an examination. They can also assist with your chosen method of final disposition, including cremation and burial.
3. Start a file or folder to keep all paperwork and information you receive during this time.
4. Keep track of all business cards given to you by law enforcement, county medical examiner, ambulance, and funeral home personnel.
5. Finally, grief can take a lot of time to get through the shock and all the emotions. Take one day at a time. Remember, your grief is a reflection of how much you loved your lost family member. Don't be afraid to use resources available to you in your community. Here are a few:
 - Los Angeles County Dept. of Mental Health Crisis Hotline - (800) 854-7771
 - National Suicide Prevention Lifeline - (800) 273-8255
 - Our House Grief Support Center - (310) 473-1511

Grief Resources: Coping with grief requires strength, self-compassion, support, forgiveness, and time to heal. Please review the additional options provided below to help you and your family get through this painful time.

- Counseling Services:
 - ACCESS-LA County Helpline: (800) 854-7771
- Support Groups:
 - Adult Grief: Grief.com
 - Childhood Grief: childrengrieve.org/resources/about-childhood-grief
 - When a Child Dies: compassionatefriends.org