

Many families don't know where to begin after the death of a loved one. The following are some of the hotlines and resources available if you find yourself or a family member in need of counseling or crisis intervention.

- **Amanda the Panda Support Groups:** Support groups for adults and children grieving the death of a loved one.
Call 515-223-4847
- **American Red Cross Counseling Line:** Peer counseling and crisis intervention.
Call 1-800-244-7431
- **Children and Families of Iowa:** Provides counseling on a sliding scale for children, adolescents and adults.
Call 515-697-7978
- **Council Against Sexual Assault & Domestic Violence Homicide Program**
Call 712-258-7233 or 800-982-7233
- **Department of Corrections Victim and Restorative Justice Programs**
Call 1-800-778-1182
- **Homicide Victim Survivor Program Domestic/Sexual Assault Outreach Center**
Call 515-955-2273 or 888-356-2006
- **Horizons - A Family Service Alliance Homicide Survivor Program**
Call 319-398-3943 or 877-653-3123
- **Iowa Attorney General's Office Crime Victim Compensation Program**
Call 515-281-5044 or 800-373-5044
- **Iowa Coalition Against Domestic Violence**
Call 1-800-942-0333
- **Iowa Donor Network:** Family Support staff serve the unique needs of organ and tissue donor families offering resources, memorial projects and donor family events.
Call 1-800-831-4131
- **Iowa Teen Hotline**
Call 1-800-443-8336
- **Polk County Crisis & Advocacy Services**
Call 515-286-3600
- **Suicide Prevention Lifeline**
Call 1-800-273-TALK (8255)
- **The Compassionate Friends:** Supporting family after a child dies.
Call 877-969-0010
- **United Way 211 Call Center:** a free, confidential resource available 24 hours a day, seven days a week. Staff direct people in need with a variety of community resources and services.
Call 211



A Guide for What Comes Next

Our sympathies are with you and your family. We hope this information will guide you through some decisions that need to be made in the coming hours and days.

Support from your Family and Friends

- Contacting your friends and family at this time can help provide support and comfort following the death of your loved one.
- You may also want to consider contacting the school of any child who may be affected by this loss, your employer and your loved one's employer, your loved one's primary care physician, and affiliated military unit (as applicable).

Working with the Medical Examiner

- Iowa law mandates which deaths fall under the jurisdiction of a medical examiner. The primary focus of the Medical Examiner office is to determine a truthful, logical and scientifically unbiased cause and manner of death. He/she may need to perform an autopsy to arrive at this conclusion.
- Not all deaths require an autopsy. In many circumstances the medical examiner can determine the cause and manner of death from the medical history and law enforcement and/or medical investigation.

The Opportunity for Organ, Tissue & Eye Donation

- Your loved one may have the opportunity to help save or enhance the lives of others through donation. Your loved one may have already made their wishes known by registering. Iowa Donor Network (IDN) can access that information for you.
- Law enforcement, emergency medical providers and medical examiners work with IDN to evaluate if your loved one meets the criteria for donation. If so, a coordinator from IDN will call you regarding the opportunity for donation and how you can honor your loved one's wishes. IDN works with the Iowa Lions Eyebank to ensure your loved one is evaluated for eye donation.
- If you do not receive a call from IDN, call 1-800-831-4131.
- Donation is offered at no charge to families. It will not delay funeral services. It will not affect an open casket viewing.

Selecting a Funeral Home

- Law enforcement, emergency medical providers, and medical examiners may be able to provide you a list of funeral homes and crematoriums.
- Your funeral director can discuss options that take your loved one's wishes into consideration.

Providing Your Loved One's Information to the Funeral Home

- Legal name: first, middle, and last
- Maiden name
- Social Security number
- Date of birth and city and state of birth
- State, city and county of death
- Location where death occurred
- Occupation
- Legal name of surviving spouse
- Home address
- Father's full name, mother's full name including maiden name
- Veteran information if applicable: service, branch, dates of service and type of discharge

Obtaining a Death Certificate

- Your funeral director can assist you in obtaining copies of the death certificate.
- You may need extra copies of the death certificate for insurance and other purposes.

**This information is provided as a courtesy by
Iowa Donor Network. For more information,
visit us online at www.IowaDonorNetwork.org.**