Eleanor Haley, MS and Litsa Williams, MA, LCSW-C are the co-founders of the online grief community What’s Your Grief. Together they run the grief education and creative exploration websites ‘What's Your Grief’ and 'Grief in Six Words'. Both are mental health professionals with a collective 25+ years of experience working with people coping with all types of complicated losses and life transitions.

Eleanor and Litsa met while supporting families who had lost loved ones to traumatic and unexpected deaths in Baltimore, MD. They quickly bonded over their personal losses and their frustration finding grief resources that they would have used themselves or wanted to refer to their clients. After years of complaining, the two founded What’s Your Grief as a blog with the simple goal of helping people better understand and cope with loss.

WYG was built as a resource offering concrete, practical, creative, down-to-earth, and relatable support, founded on the values of psychoeducation and creative coping. It has grown to serve more than 5 million visitors each year.

Eleanor holds a master’s degree in Counseling Psychology from Loyola College in Baltimore, MD and Litsa received her master’s degree in Clinical Social Work from the University of Maryland School of Social Work, as well as a master’s degree in Philosophy from the University of Warwick (UK). They have been interviewed as grief experts for the Washington Post, Wall Street Journal, NPR, and New York Times. They co-authored the book What’s Your Grief: Lists to Help You Through Any Loss, released in September 2022.