



hospicefoundation.org	nacg.org (National Alliance for Children's Grief)
nhpco.org	annieshope.org (children's grief)
SAVE.org (suicide awareness)	grievingstudents.org (children's grief)
griefshare.org (local groups in your area)	coping4life.com (children and family grief services)
aarp.org	mygriefangels.org
alz.org (National Alzheimer's Association)	healgrief.org
nonmattersnow.org	hopeway.org
compassionatefriends.org (local groups in your area)	helpguide.org
nationalwidowers.org	modernloss.com

***Please contact organizations directly to verify location, time, fees and any concerns or questions you have. Hospice of Southern Illinois is NOT affiliated with any of them.**

Most locations welcome anyone from anywhere.

***This is NOT an exhaustive list – please utilize the internet, local newspapers, churches, funeral homes, etc. for additional resources in your specific area.**

Crisis Hotlines/Counseling locations

Gateway Regional Medical Center Behavioral Health Center 2100 Madison Ave; Granite City (618) 798-3888	Comprehensive Behavioral Health Center The living room: behavioral healthcare 505 South Bend Street; E. St. Louis (618) 482-7330
Chestnut Health Systems (Madison & St. Clair counties) (618) 877-4420 Crisis line (618) 877-0316	Centerstone (618) 465-4388 Alton and other areas Engagement Center/crisis screening 1-877-467-3123
United Way dial 211 (24 hrs a day)	Boys Town: Hotline for boys and girls 1-800-448-3000
National Alliance on Mental Health 1-800-950-NAMI (6264)	Crisis Text Line: Text HOME to 741741 from anywhere in the USA to text with a trained Crisis Counselor, free, confidential and 24/7
Illinois Warmline 866-359-7953 (emotional support and a listening ear during difficult times)	Illinois CARES Crisis Line: 1-800-345-9049. 24/7 for immediate crisis intervention
The Substance Abuse and Mental Health Services Administration National Helpline, free and confidential 1-800-662-HELP (4357)	Suicide Prevention Lifeline 1-800-273-8255 Dial or text 988 For Veterans Crisis Line, press #1 LGBTQI+youth and young adults #3
The Senior Renewal Program. St. Joseph's Hospital. (618) 651-2940. Breese & Highland. Psychiatrist services, individual, group and family counseling for seniors facing life changes.	

Support Services/Groups

Grief Support Group (in the chapel) Catholic Cemeteries of Mt. Carmel/Holy Cross 10101 West Main, Belleville (618) 397-0181 2 nd Wednesday of each month at 1:00 pm	Compassionate Friends of Madison County Last Friday of each month, 6:30 pm (loss of child or sibling) Also Grief Share every Monday, 5:30 pm – 7:00 pm Coordinator, Tom Schmidt (618) 219-0612 St. Ambrose Catholic Church, Pastoral Center (618) 466-2921 820 W. Homer M. Adams Pkwy, Godfrey
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Heartlinks Program (grief support for children ages 2-20 and their families) Compassionate Friends (loss of child or sibling) 5110 Main Street, Belleville (618) 277-1800 Meeting times vary by age and need	Grief Support Group Faith Family Church 704 North Green Mount Road, Shiloh Tracey (618) 277-0232 Spring/Fall sessions, Tuesdays at 6:30 pm – 8:00pm
Programs and Services for Older Persons (PSOP) SWIC Senior Programs. Belleville . St. Clair County Office on Aging. (618) 234-4410, for group services and individual services. For a Mindfulness/Anxiety Reduction class contact Tanya Koelker (618) 234-4410, ext. 7039	Greif Support Group/First Baptist Church 320 Covington Drive, Waterloo , Contact Marla Schweigert, (618) 975-8952 Spring/Fall sessions, Wednesdays at 9:30 am Loss of Spouse and Surviving the Holidays seminars as scheduled
Adult Grief Group 1st and 3rd Tuesdays of the month at 2:00 pm, in the Chapel on Second Floor, Anderson Hospital, Maryville Bill Dempsey, Chaplain, (618) 391-6456	Grief Support Group/Calvary Baptist Church 1426 Washington Avenue, Alton Sandy Skambracks (618) 465-4357 Spring/Fall sessions, call for further information Surviving the Holidays one session as scheduled
Grief Support Group/Metro Community Church 3551 Ridgeview Road, Edwardsville Chris Persons or Shirley Young (618) 692-9863 Spring/Fall sessions, online Mondays at 6:30 pm – 8:00 pm	Troy United Methodist Church group 407 Edwardsville Road, Troy Dan Perry, Care Pastor, (618) 830-5589 Thursdays (beginning in August) 5:30 pm – 7:30 pm
Care Night (Grief Share & other Support Groups) Cornerstone Christian Church 775 North Green Mount Road, Shiloh Contact, Cathy Wright (618) 239-9710 Fridays at 6:30 pm	St. Clare of Assisi/Hope for Journey 1411 Cross Street, O'Fallon Barb and Ken Kenney (618) 726-7587 3rd Wednesday of the month at 2:00 pm and also at 7:00 pm on the same day April - September
Holy Cross Lutheran Church group 1300 Beltline Road, Collinsville Mary (618) 344-3145 Tuesdays 1:00 – 3:00 pm, Spring/Fall sessions Surviving the Holidays one session as scheduled	Carlyle Christian Church 1025 Lake Road, Carlyle Kent & Donna Winter (618) 741-5557 Spring/Fall sessions, Thursdays 6:00 pm – 7:30 pm

Social Support Programs and Resources

Monthly Events: (health and wellness education, seminars and workshops) Red Bud , and surrounding areas Contact, Meghan Markotay (618) 282-5104	Program & Services for Older Persons (PSOP) Variety of activities and trips for seniors Southern Illinois Community College (618) 234-4410, call for details www.swic.edu/community/senior-programs/psop/
Contact your local senior citizens center for social programs and services.	Contact your local YMCA for activities and social programs of all kinds and Silver Sneakers for seniors
AgeSmart. Community Resources allows older adults to remain independent at home and maintain quality of life. Serves adults 60+ years of age and their caregivers in seven counties in Southwestern Illinois. (618) 222-2561,	Illinois Department on Aging. Agencies, organizations and support groups serving Illinois seniors and their caregivers. Many are part of the Aging Network and are committed to serving seniors in a variety of ways. SENIOR HELPLINE 1-800-252-8966
Saint Clare of Assisi Catholic Church. O'Fallon . Senior Group. Meets once a month for a potluck dinner with entertainment. Activities and trips. The church has many ways to be involved and active in the community. Judy Bugger (618) 407-9002. Any faith welcome.	St Matthew Church. Belleville . New Life Club. Meets once a month for lunch on Thursdays at noon for entertainment and to discuss that month's events. Senior activities and trips. The church has many ways to be involved and active in the community. Jeanie Lively (618) 979-7434. Any faith welcome.
Metro East Social Singles (MESS) an organization of women and men with the common interests of meeting people and making friends. Activities, dances, plays, trips and dining out events. metroeastsocialsingles.com .	