



hospicefoundation.org	childrengrieve.org
nhpco.org	dougy.org (children's grief)
SAVE.org (suicide awareness)	fernside.org (children's grief)
griefshare.org	wendtcenter.org (Wendt Center for Loss & Healing)
aarp.org/families/grief_loss.org	hopeforbereaved.com
alz.org (National Alzheimer's Association)	healgrief.org
compassionatefriends.org	caringinfo.org
thegriefftoolbox.com	bereavedparentsusa.org
griefshare.org (ongoing resource for support groups and information near you)	

**\*Please contact organizations directly to verify location, time, and applicable fees as Hospice of Southern Illinois is not affiliated with them.**  
**\*This is not an exhaustive list – please utilize internet, local newspapers, churches, funeral homes, etc. for additional resources in your specific area.**

### Crisis Hotlines/Counseling locations

Call for Help (618) 397-0968 (suicide & crisis) The Living Room at Call for Help Walk in: 9400 Lebanon Road; E. St. Louis Mon – Fri, 8:30 am – 5:00 pm	Comprehensive Behavioral Health Center Walk in: Mon – Fri 8:00 am – 5:00 pm 505 South Bend Street; E. St. Louis (618) 482-7330
Chestnut Health Systems (618) 877-4420 Crisis Intervention Dept. (618) 877-0316	Community Resource Center (618) 533-1391
Suicide Prevention Lifeline 1-800-273-8255	Veterans Crisis Line 1-800-273-8255
National Alliance on Mental Health 1 -800-950-NAMI (6264)	Crisis Text Line: Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.
Centerstone Crisis Line (618) 465-4388 (Calhoun, Jersey & Madison Counties) Walk in: Mon – Fri, 9:00 am – 2:00 pm	Horizon Hope Counseling, Inc. (618) 367-2194 (St. Clair County areas)

### Support Services/Groups

Grief Support Group (in the chapel) Mt. Carmel Cemetery 10101 West Main, <b>Belleville</b> (618) 397-0181 2 <sup>nd</sup> Wednesday of each month, 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, <b>Godfrey</b>
Heartlinks Program (grief support for children ages 2-20 and their families) Compassionate Friends (loss of child or sibling) 5110 Main Street, <b>Belleville</b> (618) 277-1800 Meeting times vary by age and need	Grief Group St. Joseph's Hospital, <b>Highland</b> (618) 651-2980, Pastoral Care Partnering with the Evangelical United Church-Christ Spring/Fall sessions, Call for further info. \$10.00 fee for materials

Grief Support Series, SWIC Programs and Services for Older Persons (PSOP) 201 N. Church Street, <b>Belleville</b> St. Clair County Office on Aging (618) 234-4410, ext. 7044 (for group services) Contact, Jodi Gardner (618) 234-4410, ext. 7031 (for individual services)	St. Paul Catholic Parish, Bereavement-consolation team offers support in a variety of ways. Contact Derek at (573) 480-0844, or call St. Paul parish office at (618) 654-2339.
Adult Grief Group 2 <sup>nd</sup> Tuesday of the month, 7:00 pm, in Chapel on Second Floor, Anderson Hospital, <b>Maryville</b> Contact, Rev. Dr. James Donahue, Chaplain, (618) 391-6456	Grief Support Group/Cornerstone Ministry 1426 Washington Avenue, <b>Alton</b> Facilitator, Marc Lane, (618) 465-4357 Call for group times \$15.00 fee for workbook (optional)
Grief Support Group/St. Boniface Parish (non-denominational) 110 N. Buchanan, <b>Edwardsville</b> (618) 656-6450 1 <sup>st</sup> Wednesday of the month, 10:00 am - 11:15 am Followed by a light lunch	Starting Over (loss of a spouse) St. John's UCC 307 W. Clay, <b>Collinsville</b> (618) 344-2526, call for dates/times Contact Amy Rhymer or Shere Daprone Six part support series, Fall/Spring \$20.00 materials fee
Care Night (Grief Share & other Support Groups) Cornerstone Christian Church 775 N Greenmount Road, <b>Belleville</b> Contact, Cathy Wright (618) 239-9710 Fridays, 6:30 pm	Grief & Loss Support Group Alton Multi-Specialist Bldg. 1 Professional Drive, <b>Alton</b> 2 <sup>nd</sup> Tuesday of the month, 5:00 pm - 6:30 pm Contact, Jason Pierce (618) 463-7100
The Center for Senior Renewal Outpatient Services at Alton Memorial Hospital (618) 463-7895, <b>Alton</b> Counseling, Psychiatric care and coordination with community resources. A focus of treatment on grief and loss.	The Senior Renewal Program at St. Joseph's Hospital (618) 651-2940, <b>Breese</b> Group, individual and family counseling to adult seniors who are facing life changes.

### Social Support Programs

New Beginnings (widows & widowers) Staten-Fine Funeral Homes (618) 465-8641 Contact Ruby Enlow (618) 462-1383 Held at Johnson's Corner Restaurant, <b>Alton</b> 3 <sup>rd</sup> Wednesday of each month, 11:30 am Monthly Luncheon Social Group	Hope (sponsored by Irwin Chapel) (618) 288-9500, RSVP required Held at Sunset Hills Country Club, <b>Edwardsville</b> Monthly Luncheon Social Group, 11:30 am 2 <sup>nd</sup> Thursday of each month in May, July, Sept & Nov Cost for lunch: \$14
Our Healthy Circle, Activity Group for ages 50+ (exercise classes, luncheons, breakfast club, trips, and more) <b>Red Bud</b> , and surrounding areas Contact, Julie Hudson, (618) 282-5456 \$13.50 yearly membership fee	Program & Services for Older Persons (PSOP) Variety of activities and trips for seniors Southern Illinois Community College (618) 234-4410, call for details <a href="http://www.swic.edu/community/senior-programs/psop/">www.swic.edu/community/senior-programs/psop/</a>
<b>St. Clair</b> County area Coordinator, Tanya Hargrave (618) 233-3110 (Vallhala) 1 <sup>st</sup> Wednesday of each month, 11:30 am The Regency Conference Center, <b>O'Fallon</b>	<b>Madison</b> County area Contact Ruby Enlow (618) 462-1383 2 <sup>nd</sup> Tuesday of each month, 11:00 am Tony's Restaurant, <b>Alton</b> 3 <sup>rd</sup> Wednesday of each month, 11:00 am New Beginnings Luncheon Johnson's Corner Restaurant, <b>Alton</b>
Contact your local senior citizens center for social programs and services.	YMCA, contact your local YMCA for social Programs offered for seniors