hospicefoundation.org  childrengrieve.org
nhpco.org  dougy.org (children’s grief)
SAVE.org (suicide awareness)  fenside.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
thegrieftoolbox.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

<table>
<thead>
<tr>
<th>Call for Help (618) 397-0968 (suicide &amp; crisis)</th>
<th>Comprehensive Behavioral Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Living Room at Call for Help</td>
<td>Walk in: Mon – Fri 8:00 am – 5:00 pm</td>
</tr>
<tr>
<td>Walk in: 9400 Lebanon Road; E. St. Louis</td>
<td>505 South Bend Street; E. St. Louis</td>
</tr>
<tr>
<td>Mon – Fri, 8:30 am – 5:00 pm</td>
<td>(618) 482-7330</td>
</tr>
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| Chestnut Health Systems (618) 877-4420         | Community Resource Center             |
| Crisis Intervention Dept. (618) 877-0316       |                                        |

| 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) | Horizon Hope Counseling, Inc. (618) 367-2194 (St. Clair County areas) |
| Walk in: Mon – Fri, 9:00 am – 2:00 pm               |

Support Services/Groups

| Grief Support Group (in the chapel) Mt. Carmel Cemetery 10101 West Main, Belleville (618) 397-0181 2nd 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, Godfrey |

| 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 Group St. Joseph’s Hospital, Highland (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** | **St. Paul Catholic Parish,**  
Programs and Services for Older Persons (PSOP)  
201 N. Church Street, **Belleville**  
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) | **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**  
2nd Tuesday of the month, 7:00 pm, in Chapel on Second Floor, Anderson Hospital, **Maryville**  
Contact, Rev. Dr. James Donahue, Chaplain, (618) 391-6456 | **Grief Support Group/Cornerstone Ministry**  
1426 Washington Avenue, **Alton**  
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, **Edwardsville**  
(618) 656-6450  
1st 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, **Collinsville**  
(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, **Belleville**  
Contact, Cathy Wright (618) 239-9710  
Fridays, 6:30 pm | **Grief & Loss Support Group**  
Alton Multi-Specialist Blg.  
1 Professional Drive, **Alton**  
2nd 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, **Alton**  
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, **Breeze**  
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, **Alton**  
3rd 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, **Edwardsville**  
Monthly Luncheon Social Group, 11:30 am  
2nd 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) **Red Bud**, 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  
www.swic.edu/community/senior-programs/psop/ | |
| **St. Clair County area**  
Coordinator, Tanya Hargrave  
(618) 233-3110 (Vallhala)  
1st Wednesday of each month, 11:30 am  
The Regency Conference Center, **O’Fallon** | **Madison County area**  
Contact Ruby Enlow (618) 462-1383  
2nd Tuesday of each month, 11:00 am  
Tony’s Restaurant, **Alton**  
3rd Wednesday or each month, 11:00 am  
New Beginnings Luncheon  
Johnson’s Corner Restaurant, **Alton** | |
| **Contact your local senior citizens center for social programs and services.** | **YMCA, contact your local YMCA for social Programs offered for seniors** | |