



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
compassionatefriends.org (local groups in your area)	helpguide.org
nationalwidowers.org	modernloss.com

**\*Please contact organizations directly to verify location, time, fees and any COVID-19 related changes/issues as Hospice of Southern Illinois is NOT affiliated with 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

Call for Help (618) 397-0968 (suicide & crisis) The Living Room at Call for Help; callforhelp.org Walk in: 9400 Lebanon Road; E. St. Louis Mon, Wed & Fri 8:30 am – 5:00 pm Tues & Thurs 11:30am – 8:00pm	Comprehensive Behavioral Health Center 505 South Bend Street; E. St. Louis (618) 482-7330
Chestnut Health Systems (618) 877-4420 OR (618) 877-0316	Centerstone Crisis Line (618) 465-4388 or 1-877-467-3123
Institute on Aging Friendship Line 1-800-971-0016	Youth Crisis Line 1-877-968-8491
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
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 OR dial 988 For Veterans Crisis Line, press #1
The Senior Renewal Program. St. Joseph's Hospital. (618) 651-2940. <b>Breese &amp; Highland</b> . Psychiatrist services, individual, group and family counseling for seniors facing life changes.	

### Support Services/Groups

Grief Support Group (in the chapel) Catholic Cemeteries/Mt. Carmel 10101 West Main, <b>Belleville</b> (618) 397-0181 2 <sup>nd</sup> 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, <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 Support Group Faith Family Church 704 North Green Mount Road, <b>Shiloh</b> Tracey (618) 277-0232 Spring/Fall sessions, Tuesdays at 6:30 pm

<p>Programs and Services for Older Persons (PSOP) <b>Belleville</b>. St. Clair County Office on Aging. (618) 234-4410, ext. 7044 for group services contact Susan Pflufg. For individual services contact Jodi Gardner (618) 234-4410, ext. 7031. For a Mindfulness/Anxiety Reduction class contact Tanya Koelker (618) 234-4410, ext. 7039.</p>	<p>Troy United Methodist Church group 407 Edwardsville Road, <b>Troy</b> Dan Perry, Care Pastor, (618) 667-6241 Spring/Fall sessions, Tuesdays at 5:00 pm</p>
<p>Adult Grief Group 2<sup>nd</sup> Tuesday of the month at 2:00 pm, in the Chapel on Second Floor, Anderson Hospital, <b>Maryville</b> Rev. Dr. James Donahue, Chaplain, (618) 391-6456</p>	<p>Grief Support Group/Calvary Baptist Church 1426 Washington Avenue, <b>Alton</b> Mary Sue Clark, (618) 465-4357 Spring/Fall sessions, call for further information Surviving the Holidays one session as scheduled</p>
<p>Grief Support Group/Metro Community Church 3551 Ridgeview Road, <b>Edwardsville</b> Chris (618) 692-9863 Spring/Fall sessions, Mondays at 6:30 pm</p>	<p>Greif Support Group/First Baptist Church 215 Park Street <b>Waterloo</b>, meets at library Contact Margaret Miller, (618) 939-8124 Spring/Fall sessions, Wednesdays at 9:30 am and 6:30 pm. Loss of Spouse and Surviving the Holidays seminars as scheduled</p>
<p>Care Night (Grief Share &amp; other Support Groups) Cornerstone Christian Church 775 North Green Mount Road, <b>Shiloh</b> Contact, Cathy Wright (618) 239-9710 Fridays at 7:00 pm</p>	<p>St. Clare of Assisi/Hope for Journey 1411 Cross Street, <b>O'Fallon</b> Barb and Ken Kenney (618) 726-7587 3rd Wednesday of the month at 2:00 pm &amp; again at 7:00 pm on the same day</p>
<p>Good Shepherd Lutheran Church group 1300 Beltline Road, <b>Collinsville</b> (618) 344-3151 Spring/Fall sessions Surviving the Holidays one session as scheduled</p>	<p>Carlyle Christian Church 1025 Lake Rd, <b>Carlyle</b> Ken &amp; Donna Winter (618) 741-5557 Spring/Fall sessions, Mondays 6:30 pm</p>

### Social Support Programs and Resources

<p>Our Healthy Circle, Activity Group for ages 50+ (health and wellness education, seminars and workshops) <b>Red Bud</b>, and surrounding areas Contact, Meghan Markotay, (618) 282-5104 \$13.50 yearly membership fee</p>	<p>Program &amp; 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></p>
<p>Contact your local senior citizens center for social programs and services.</p>	<p>Contact your local YMCA for activities and social programs of all kinds and Silver Sneakers for seniors</p>
<p>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, <a href="http://Agesmart.org">Agesmart.org</a>.</p>	<p>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</p>
<p>Saint Clare of Assisi Catholic Church. <b>O'Fallon</b>. 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.</p>	<p>St Matthew United Methodist Church. <b>Belleville</b>. New Life Club. Meets once a month for lunch and 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.</p>
<p>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. <a href="http://metroeastsocialsingles.com">metroeastsocialsingles.com</a>.</p>	