hospicefoundation.org	nacg.org (National Alliance for Children's Grief)
parkinson.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 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, libraries, 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	Crisis Text Line: Text HOME to 741741 from anywhere in the USA to text with a trained Crisis Counselor, free, confidential and 24/7. crisistextline.org.
United Way dial 211 (24 hrs a day). 211.org	Illinois Helpline 833-234-6343. helplineil.org
National Alliance on Mental Health 1-800-950-NAMI (6264). nami.org	Centerstone (618) 462-2331 Alton and other areas Engagement Center/crisis screening 1-855-608-3560
Illinois Warmline: 866-359-7953 press 2, then 5 Monday – Friday 8:00 am – 5:00 pm	Illinois CARES Crisis Line: 1-800-345-9049. 24/7 for immediate crisis intervention
The Senior Renewal Program. St. Joseph's Hospital. (618) 526-5699. Breese & Highland. Psychiatrist services, individual, group and family counseling for seniors facing life changes.	Suicide Prevention Lifeline 1-800-273-8255. Dial or text 988. 988lifeline.org For Veterans Crisis Line, press #1 LGBTQI+youth and young adults #3
Community Resource Center: Centralia 618-533-1391 (24 hr crisis line) Carlyle 618-594-4581	The Substance Abuse and Mental Health Services Administration National Helpline, free and confidential 1-800-662-HELP (4357)
Belleville Memorial Senior Counseling Services (618) 257-5900	Boys Town: 24/7 Hotline for kids, teens, and parents 1-800-448-3000 or text VOICE to 20121

Support Services/Groups

Grief Support Group (in the chapel) Catholic Cemeteries of Mt. Carmel/Holy Cross 10101 West Main, **Belleville** (618) 397-0181 2nd 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**

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 Garden City Church 704 North Green Mount Road, **Shiloh** Tracey (618) 277-0232 Spring/Fall sessions, Tuesdays at 6:30 pm – 8:00 pm
Programs and Services for Older Persons (PSOP) SWIC Senior Programs. **Belleville.** St. Clair County Office on Aging. (618) 234-4410, for group or individual services. Mindfulness, caregiver/older adult support or Parkinson's support groups.	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/Surviving the Holidays as scheduled
Twice-monthly grief community groups at Blum House – **Collinsville** Library, (618) 344-1112, Tuesdays at 6:00 – 7:00 pm	Carlyle Christian Church, 1025 Lake Road, **Carlyle** Kent & Donna Winter (618) 741-5557 Spring/Fall sessions, Thursdays 6:00 pm – 7:30 pm
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	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
Care Night (Grief Share & other Support Groups) Cornerstone Christian Church 775 North Green Mount Road, **Shiloh** Contact, Cathy Wright (618) 239-9710. Fridays	Troy United Methodist Church group 407 Edwardsville Road, **Troy** Dan Perry, Care Pastor (618) 830-5589 Thursdays 6:00 pm – 7:30 pm
Holy Cross Lutheran Church 1300 Beltline Road, **Collinsville** Mary (618) 344-3145 Tuesdays 1:00 – 3:00 pm, Spring/Fall sessions Surviving the Holidays one session as scheduled	St. Boniface Catholic Church **Edwardsville** (618) 656-6450 Thursdays Spring/Fall sessions at 10:30am Surviving the Holidays one session as scheduled
Grief Support Group/Calvary Baptist Church 1426 Washington Avenue, **Alton** Sandy Skambracks (618) 465-4357, Spring/Fall sessions, Surviving the Holidays 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

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
Contact your local senior citizens center	Contact your local YMCA/Silver Sneakers for seniors
Senior Planet. Variety of free on-line classes. Seniorplanet.org	Illinois Friendship Line 800-971-0016. Open 24/7. Only tollfree telephone support line for older adults
Elder Orphans Facebook page for those 55 and over aging alone	Well Connected (877) 797-7299. covia.org. Free telephone-based program offering over 70 phone-based activities to adults age 60+
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. Nellie Nolden (618) 623-9554. 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.	