

Grief and Bereavement Resources

If you have lost a loved one to suicide, you are not alone. There are resources available to help survivors of suicide loss cope.



Local support for grief & bereavement:

- **[Hospice of Humboldt](#)**: Free grief support services, groups and classes for adults and teens. 3327 Timber Fall Ct, Eureka. Call 707-445-8443.
- **[Heart of the Redwoods Community Hospice](#)**: Free bereavement support group every week in Garberville, call for days & times. Free one-on-one sessions in person or via phone. Call 707-923-7276

Online support for grief and bereavement:

- **[988 Suicide & Crisis Lifeline](#)**: Call or text 9-8-8 to connect with trained counselors that will listen, provide support and connect you to resources. Available 24/7.
 - **[For Veterans](#)**: Call or text 9-8-8, then press 1
 - **[Ayuda en Español](#)**: Call or text 9-8-8, then press 2. The site also has resources for helping yourself and others [after a loss](#).
- **[Friends for Survival](#)**: a non-profit bereavement outreach organization geared towards those who are grieving a suicide death of family or friends. Toll-free **Suicide Loss Helpline** 1-800-646-7322 staffed by caring volunteers 24/7.
- **[Alliance of Hope for Suicide Loss Survivors](#)** was created by survivors for survivors. Online forum available 24/7.
- **[Center for Complicated Grief](#)**: Information on different types of grief. Site is for professionals in the field as well as those who are grieving.
- **[Kara](#)**: Compassionate grief support for children, teens, families, and adults. Based out of Palo Alto, CA.
- **[Grief.com](#)**: Free and paid educational resources about grief, including videos, podcasts and webinars.
- **[The Dougy Center](#)**: A national support center where children, teens, young adults and their families grieving a death can share their experiences.
- **[American Foundation for Suicide Prevention](#)**: an extensive national resource. Find lots of reading options in their list of [Books for Loss Survivors](#). Connect with other who have experienced suicide loss by exploring their [Find Support](#) section.
- **[Compassionate Friends](#)**: a self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child.
- **[NowMattersNow](#)**: because suicide risk is heightened when we are grieving.

Support and services for your mental health:

- **[North American Mental Health Services](#)**: Free tele- mental health services for Partnership Medi-Cal members. No diagnosis needed for talk therapy. Tele psychiatry, bilingual and youth-serving professionals available. Faith-based counseling upon request only. 530-646-7269 ext. 1305.
- **[Carelon Mental Health Services](#)**: Free to Partnership Medi-Cal members, always. Up to 6 sessions per month. Call 855-765-9703 to determine eligibility, complete assessment and find a clinician.

CARE & FEEDING of YOUR GRIEVING PERSON

@refugeingrief

LEAVE THEM CARE PACKAGES



BE SPECIFIC ABOUT HOW YOU CAN HELP



ASK QUESTIONS



REMEMBER BIG DATES

SET A CALENDAR REMINDER FOR BIRTHDAYS, ANNIVERSARIES, HOLIDAYS AND SEND A TEXT OR NOTE.



PARALLEL PLAY

YOU DON'T HAVE TO TALK TO SPEND TIME TOGETHER. YOUR PRESENCE MATTERS.



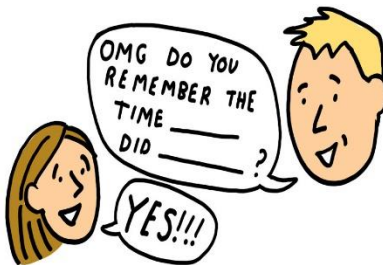
ACKNOWLEDGE THE LITTLE DATES

AN ORDINARY SATURDAY CAN SUCK TOO.



SAY THEIR NAME

SHARE A MEMORY, SAY THEIR PERSON'S NAME.



LET THEM BE SAD

SADNESS IS HEALTHY.



BE AWKWARD

IT'S OK IF YOU DON'T KNOW WHAT TO SAY OR DO. YOUR FRIEND NEEDS YOU! DON'T LET FEELING AWKWARD STOP YOU.



YOU DON'T NEED TO BE PERFECT, JUST PRESENT. 