

LIVING WITH SUICIDE LOSS

RESOURCES FOR VERMONTERS

SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

The loss of a loved one to suicide can bring up many different emotions, reactions, and challenges for those who are left behind.

If you have lost someone in your life to suicide, you are not alone. It's important that you reach out for support and help if you are struggling with the loss.

BENNINGTON COUNTY

BENNINGTON

UNITED COUNSELING SERVICE

GENERAL GRIEF SUPPORT

United Counseling Services, with VNA & Hospice of the Southwest Region, offers individual bereavement services and grief workshops. For more information, call (800) 244-0568 or email hospice@vnahsr.org. You may also wish to visit the Support Groups Calendar page to view a schedule of upcoming workshops www.vermontvisitingnurses.org/events/category/grief-support-group/.

CHITTENDEN COUNTY

BURLINGTON

UVM HEALTH NETWORK HOME HEALTH AND HOSPICE

GENERAL GRIEF SUPPORT

Online support group for anyone that is grieving. Meets via Zoom twice a month. For more information, contact Ally Parker at (802) 860-4497 ext.3405 or Allyson.Parker@uvmhomehealth.org.

www.uvmhealth.org/medcenter/wellness-resources/support-groups



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

CHITTENDEN COUNTY (CONTINUED)

SOUTH BURLINGTON

SURVIVORS OF SUICIDE SUPPORT GROUP

SUICIDE-SPECIFIC GRIEF SUPPORT

This group is open to persons experiencing the impact of the loss of a loved one to suicide. Meetings are held in person on the first Wednesday of each month, from 6:00 pm - 7:30 pm. People interested in attending are asked to kindly contact Heather Schlepner, at (301) 514-2445 or RaysOfLifeYoga@gmail.com, for additional information before coming to their first meeting.

WILLISTON

ADULT SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

SUICIDE-SPECIFIC GRIEF SUPPORT

The support group is for anyone who has been touched by suicide loss and wants to work through their grief in a safe, respectful environment. Meetings are held every third Thursday from 6:30 pm - 8:00 pm. Contact Maria, mariagrindle@msn.com, (802) 879-5940, or Joanna, joanna.colevt@gmail.com, (802) 777-5244, to register and have a preliminary conversation to see if the group is right for you.

FRANKLIN COUNTY

ST. ALBANS

NORTHWESTERN COUNSELING & SUPPORT SERVICES

SUICIDE-SPECIFIC GRIEF SUPPORT

Survivors of Suicide Loss Support Group Meetings are held on the second Thursday of each month from 6:00 pm - 7:30 pm at the Northwestern Medical Center, Grand Isle Conference Room, 133 Fairfield St, St Albans, Vermont, 05478. Those wishing to attend may call ahead of time for more information or show up at the designated time and place. For more information, please contact Tony Stevens at astevens@ncssinc.org, (802) 393-6503, or Deb Babbie at dbabbie@ncssinc.org, (802) 393-6488.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

LAMOILLE COUNTY

MORRISVILLE

LAMOILLE HOME HEALTH & HOSPICE

SUICIDE-SPECIFIC GRIEF SUPPORT & GENERAL GRIEF SUPPORT

A grief support group for anyone who is grieving is offered on the first and third Tuesday of every month from 5:30 pm - 6:30 pm. Please contact Oona Lee at olee@lhha.org for Grief Support Group information. The Survivors of Suicide Loss Support Group meets on the third Wednesday of every month from 6:00 pm - 7:00 pm via Zoom. For the SOSL Zoom link or additional information, please contact Jane Paine at jpaine@lhha.org or visit www.lhha.org/support-groups.

RUTLAND COUNTY

RUTLAND

UNITED COUNSELING SERVICE

GENERAL GRIEF SUPPORT

United Counseling Services, with VNA & Hospice of the Southwest Region, offers individual bereavement services and grief workshops. For more information, call (800) 244-0568 or email hospice@vnahsr.org.
www.vermontvisitingnurses.org/events/category/grief-support-group/.

RUTLAND

COMPASSIONATE FRIENDS

GENERAL GRIEF SUPPORT FOR THE LOSS OF A CHILD

This support group is for families that have experienced the death of a child. Parents, siblings, and grandparents are encouraged to attend. For more information, please contact Michael at (802) 446-2278.

WASHINGTON COUNTY

BARRE

WASHINGTON COUNTY MENTAL HEALTH SERVICES, CENTRAL VERMONT HEALTH & HOSPICE

GENERAL GRIEF SUPPORT

Central Vermont Health & Hospice offers online via Zoom. CVHHH offers grief support groups in 6-week sessions. Groups offered: Grief and Loss and/ or Spouse/ Partner Loss. Contact Diana Moore, Bereavement Coordinator, (802) 224-2241, dmoore@cvhhh.org. www.cvmc.org/community-wellness/classes-and-events/bereavement-support-group-0.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

WINDHAM COUNTY

BRATTLEBORO/KEENE, NH

A SAFE PLACE, THE SAMARITANS, INC.

SUICIDE-SPECIFIC GRIEF SUPPORT

A confidential, peer-facilitated, closed support group for those who've lost a friend or loved one to suicide. Meetings are held on Monday evenings in Keene. For more information, the time and location, please call (603) 357-5510 or email director@samaritansnh.org. Crisis Hotlines (603) 357-5505 or 1 (866) 457-2910 toll-free in NH. Individual or group suicide bereavement support is offered. samaritansnh.org/support-groups/

WINDSOR COUNTY

LEBANON, NH

THE DARTMOUTH-HITCHCOCK AGING RESOURCE CENTER

GENERAL GRIEF SUPPORT

The center offers one-on-one bereavement support, periodic eight-week support groups, a lending library, and assistance finding ongoing bereavement support in the Upper Valley. For more information, contact Deadra.B.Ashton@hitchcock.org.

WHITE RIVER JUNCTION

VETERANS AFFAIRS

GENERAL GRIEF SUPPORT FOR MILITARY FAMILIES

The VA Medical Center provides bereavement support to those connected to the military, offering bi-monthly support groups, one-on-one counseling, and memorial services. For more information, contact Mary Lewis Webb at (802) 295-9363, ext. 5417.



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SUICIDE LOSS GRIEF SUPPORT RESOURCES IN VERMONT

VERMONT 211

A place to connect Vermonters to a wide range of community resources including mental health counseling for those who have experienced loss.

<https://www.navigateresources.net/211vermont/>

PSYCHOLOGY TODAY

A database of therapeutic providers, searchable by zip code and topic, including therapists who offer grief counseling.

www.psychologytoday.com/us/therapists/vermont

VERMONT CARE PARTNERS

Vermont Care Partners (VCP) is the organization that is a network for all Designated Agencies (DAs) and Special Service Agencies (SSAs) in Vermont. Designated Agencies provide mental health resources on a county-by-county level. The VCP website has a map and the contact information for each Designated Agency in the state.

vermontcarepartners.org/agencies/

VERMONT COUNSELING NETWORK

A network of mental health counselors and providers in Vermont. Website is updated weekly with provider availability, to help people connect to the support they need, including counseling for grief and loss.

www.vermontcounselingnetwork.com/



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OTHER SUICIDE-RELATED RESOURCES IN VERMONT



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American Foundation for Suicide Prevention in Vermont

As a part of AFSP's growing nationwide network of chapters, the Vermont Chapter of AFSP brings together people from all backgrounds who want to prevent suicide in our communities. AFSP VT shares resources and support for suicide loss, including the Healing Conversations program.

www.afsp.org/chapter/vermont

Facing Suicide

Facing Suicide VT

Facing Suicide VT is a statewide prevention effort providing access to suicide prevention, education, support, and advocacy resources.

www.facingsuicidevt.org



Vermont Department of Mental Health

The Vermont Department of Mental Health's suicide prevention page educates and provides access to resources.

mentalhealth.vermont.gov/suicide-prevention



Vermont Suicide Prevention Center

VTSPC's mission is to train communities throughout Vermont, including schools, workplaces, and agencies, to be able to respond effectively to suicidal behavior. VTSPC shares knowledge, attitudes, skills and resources at trainings intended for a variety of audiences and settings.

www.vtspc.org



988 Suicide and Crisis Lifeline (988 or 1-800-273-TALK (8255))

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

www.988lifeline.org

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