

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.

ADDISON COUNTY

MIDDLEBURY

UVM HEALTH NETWORK PORTER MEDICAL CENTER

GENERAL GRIEF SUPPORT

Online and in-person grief support groups offered in 6- and 8-week closed group increments. Offered 4 times per year. Contact Mara Dowdall at mdowdall@portermmedical.org or phone (802) 388-4754.

BENNINGTON COUNTY

BENNINGTON

VNA & HOSPICE OF THE SOUTHWEST REGION

GENERAL GRIEF SUPPORT

VNA & Hospice of the Southwest Region offers bereavement services and grief workshops. For more information, call 802-855-4225 or email bereavement@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/.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

CHITTENDEN COUNTY

BURLINGTON

UVM HEALTH NETWORK HOME HEALTH AND HOSPICE

GENERAL GRIEF SUPPORT

Support group for anyone that is grieving due to the death of a loved one. Participants have the option to meet in-person or attend online via Zoom twice a month. For more information, contact Paul Weil at (802) 860-4499 ext.3405 or Paul.Weil@uvmhomehealth.org. www.uvmhealth.org/medcenter/wellness-resources/support-groups

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 Aya Kuki at (802) 881-3606 or ayakokuki@gmail.com or Bob Purvee at (802) 922-4283 or ripurvee1@yahoo.com, for additional information before coming to their first meeting.

FRANKLIN COUNTY

ST. ALBANS

NORTHWESTERN COUNSELING & SUPPORT SERVICES

SUICIDE-SPECIFIC GRIEF SUPPORT

These free, confidential meetings for adults are held on the first Thursday of each month from 5:00 pm - 6:30 pm at the Northwestern Counseling and Support Services Main Office, 107 Fisher Pond Road, St. Albans, VT. 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 or (802) 393-6503.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

LAMOILLE COUNTY

MORRISVILLE

LAMOILLE HOME HEALTH & HOSPICE

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 Lehouillier at olehouillier@lhha.org for Grief Support Group information. You can also visit <https://www.lhha.org/support-groups>.

MORRISVILLE

LAMOILLE COUNTY MENTAL HEALTH

SUICIDE-SPECIFIC GRIEF SUPPORT

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 Frederic Gluck at 802-498-5211 or frederic.gluck@gmail.com.

ORANGE COUNTY

RANDOLPH

GIFFORD MEDICAL CENTER

GENERAL GRIEF SUPPORT

Weekly group open to anyone who has experienced loss, located at Gifford Medical Center Chapel, 44 South Main Street, Randolph VT. Drop-in group with a virtual option, Fridays from 11:00 am-12:30 pm. Reach out to Rev. Timothy Eberhardt at eberhardt@giffordhealthcare.org or call 802-728-2107.

RUTLAND COUNTY

RUTLAND

VNA & HOSPICE OF THE SOUTHWEST REGION

GENERAL GRIEF SUPPORT

VNA & Hospice of the Southwest Region offers bereavement services and grief workshops. For more information, call 802-855-4225 or email bereavement@vnahtsr.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/.



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DEPARTMENT OF HEALTH
DEPARTMENT OF MENTAL HEALTH



SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

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 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.

WINDHAM COUNTY

BRATTLEBORO

BRATTLEBORO AREA HOSPICE

GENERAL GRIEF SUPPORT

Grief support groups available for those who have lost a spouse/partner or an adult child. Individual and family support is also available. For more information or to make a pre-group meeting appointment, reach out to Lars Hunter lars.hunter@brattleborohospice.org or call 802-257-0775 x104.

WINDSOR COUNTY

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, please call (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



**American
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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

FacingSuicide

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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