

LIVING WITH SUICIDE LOSS

RESOURCES FOR VERMONTERS

SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

If someone important to you has died by suicide, you are not alone. Vermont has support groups, counselors, resources, and networks of family members who have lost someone to suicide available to help. Resources are available both within Vermont, and nationally.

The following information may be of help to you and your family.

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.

For resources, or if you or someone you know is in crisis, **call or text 988 or chat 988lifeline.org**



**American
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for Suicide
Prevention**



**Suicide
Prevention
Center**



**DEPARTMENT OF HEALTH
DEPARTMENT OF MENTAL HEALTH**



C|H|L
**CENTER FOR HEALTH
AND LEARNING**
HEALTHY LIVING MATTERS

SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

ADDISON COUNTY

MIDDLEBURY

UVM HEALTH NETWORK PORTER MEDICAL CENTER

CONTACT: MARA DOWDALL | (802) 388-4754 | MDOWDALL@PORTERMEDICAL.ORG

GENERAL GRIEF SUPPORT

Online and in-person grief support groups offered in 6- and 8-week closed group increments. Offered 4 times per year.

BENNINGTON COUNTY

BENNINGTON

VNA & HOSPICE OF THE SOUTHWEST REGION

CONTACT: (802) 855-4225 | BEREAVEMENT@VNAHSR.ORG

GENERAL GRIEF SUPPORT

VNA & Hospice of the Southwest Region offers bereavement services and grief workshops. 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/.

CALEDONIA COUNTY

ST. JOHNSBURY

CALEDONIA HOME HEALTH CARE AND HOSPICE

CONTACT: ANN HOCKRIDGE | (802) 748-9405 EXT. 1146

GENERAL GRIEF SUPPORT

First and third Wednesdays of the month, 6:00-7:30 pm. Call Ann Hockridge with questions or if you are interested in joining the group.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

CHITTENDEN COUNTY

BURLINGTON

UVM HEALTH NETWORK HOME HEALTH AND HOSPICE

CONTACT: PAUL WEIL | (802) 860-4499 EXT. 3405 | PAUL.WEIL@UVMHOMEHEALTH.ORG

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.

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

SOUTH BURLINGTON

SURVIVORS OF SUICIDE SUPPORT GROUP

**CONTACT: AYA KUKI | (802) 881-3606 | AYAKOKUKI@GMAIL.COM, OR
BOB PURVEE | (802) 922-4283 | RIPURVEE1@YAHOO.COM**

SUICIDE-SPECIFIC GRIEF SUPPORT

First Wednesday of each month, 6:00-7:30 pm. This group is open to persons experiencing the impact of the loss of a loved one to suicide. Meetings are held in person. People interested in attending are asked to kindly contact Aya Kuki or Bob Purvee for additional information before coming to their first meeting.

FRANKLIN COUNTY

ST. ALBANS

NORTHWESTERN COUNSELING & SUPPORT SERVICES

CONTACT: TONY STEVENS | (802) 393-6503 | ASTEVEN@NCSSINC.ORG

SUICIDE-SPECIFIC GRIEF SUPPORT

First Thursday of each month, 5:00-6:30 pm. These free, confidential meetings for adults are held 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.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

LAMOILLE COUNTY

MORRISVILLE

LAMOILLE HOME HEALTH & HOSPICE

CONTACT: OONA LEHOULLIER | OLEHOULLIER@LHHA.ORG

GENERAL GRIEF SUPPORT

First and third Tuesday of each month, 5:30-6:30 pm. A grief support group for anyone who is grieving. Please contact Oona Lehouillier for Grief Support Group information. You can also visit <https://www.lhha.org/support-groups>.

MORRISVILLE

LAMOILLE COUNTY MENTAL HEALTH

CONTACT: FREDERIC GLUCK | (802) 498-5211 | FREDERIC.GLUCK@GMAIL.COM

SUICIDE-SPECIFIC GRIEF SUPPORT

Third Wednesday of each month, 6:00-7:00 pm. The Survivors of Suicide Loss Support Group meets on the third Wednesday of every month via Zoom. For the SOSL Zoom link or additional information, please contact Frederic Gluck.

ORANGE COUNTY

RANDOLPH

GIFFORD MEDICAL CENTER

CONTACT: REV. TIMOTHY EBERHARDT | (802) 728-2107 | EBERHARDT@GIFFORDHEALTHCARE.ORG

GENERAL GRIEF SUPPORT

Fridays, 11:00 am-12:30 pm. 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.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

ORLEANS COUNTY

NEWPORT

JOURNEY TO RECOVERY COMMUNITY CENTER

CONTACT: SARA BEGIN | (802) 624-4156 | SARA@JTR-CC.ORG

GENERAL GRIEF SUPPORT

Peer Grief and Loss Support Group, offered in seven-session increments in a compassionate space through shared experience, gentle guidance, and thoughtful reflection. Reach out to Sarah Begin to learn more.

RUTLAND COUNTY

RUTLAND

VNA & HOSPICE OF THE SOUTHWEST REGION

CONTACT: (802) 855-4225 | BEREAVEMENT@VNAHSR.ORG

GENERAL GRIEF SUPPORT

VNA & Hospice of the Southwest Region offers bereavement services and grief workshops. For more information, call or email us. 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/.

RUTLAND

COMPASSIONATE FRIENDS

CONTACT: MICHAEL | (802) 446-2278

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.



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SUICIDE LOSS GRIEF SUPPORT GROUPS IN VERMONT

WASHINGTON COUNTY

BARRE

WASHINGTON COUNTY MENTAL HEALTH SERVICES, CENTRAL VERMONT HEALTH & HOSPICE

CONTACT: DIANA MOORE | (802) 224-2241 | DMOORE@CVHHH.ORG

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.

www.cvmc.org/community-wellness/classes-and-events/bereavement-support-group-0.

WINDHAM COUNTY

BRATTLEBORO

BRATTLEBORO AREA HOSPICE

CONTACT: LARS HUNTER | (802) 257-0775, EXT. 104 | LARS.HUNTER@BRATTLEBOROHOSPICE.ORG

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.

WINDSOR COUNTY

WHITE RIVER JUNCTION

VETERANS AFFAIRS

CONTACT: (802) 295-9363, EXT. 5417

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.



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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



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www.988lifeline.org

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