

Suicide Loss Grief Support Group in Vermont

(Updated June, 2022)

Please note that some support groups are not suicide loss specific and are open to all who are experiencing a loss.

If you or someone you know are in crisis, call 1-800-273-TALK (8255) or Text VT to 741741

Bennington County

Bennington

United Counseling Service

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

Chittenden County

Burlington

UVM Health Network Home Health and Hospice

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
<https://www.uvmhealth.org/medcenter/wellness-resources/support-groups>

South Burlington

Survivors of Suicide Support Group

This group is an open group for persons experiencing the impact of the loss of a loved one to suicide. Meetings are held in person the 1st Wednesday of each month, from 6:00-7:30pm. People interested in attending are asked to kindly contact Heather Schlepner, Heather Schlepner at 301-514-2445 or RaysOfLifeYoga@gmail.com, for additional information prior to coming to their first meeting.

Williston

Adult Survivors of Suicide Loss Support Group

The support group is for anyone who has been touched by suicide loss recently or long ago who wants to work through their grief in a safe, respectful environment. Meetings are held every 3rd Thursday of the month from 6:30-8:00pm. Please contact either 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

Survivors of Suicide Loss Support Group Meetings are held the 2nd Thursday of each month. 6:00-7:30pm 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, astevens@ncssinc.org, 802-393-6503 or Deb Babbie dbabbie@ncssinc.org, 802-393-6488.



CHL
CENTER FOR HEALTH
AND LEARNING
HEALTHY LIVING MATTERS



Suicide
Prevention
Center

28 Vernon Street, Suite 319, Brattleboro, Vermont 05301
phone (802) 254-6590 fax (802) 254-5816 info@healthandlearning.org
www.healthandlearning.org www.vtspc.org

Lamoille County**Morrisville****Lamoille Home Health & Hospice**

A grief Support Group for anyone who is grieving is offered on the first and third Tuesday of every month from 5:30-6:30pm. Please contact Oona Lee, olee@lhha.org for Grief Support Group information.

The Survivors of Suicide Loss Support Group meets the third Wednesday of every month from 6:00-7:00pm via ZOOM. For the SOSL zoom link or additional information, please contact Jane Paine, at jpaine@lhha.org or visit <https://www.lhha.org/support-groups>.

Rutland County**Rutland****United Counseling Service**

United Counseling Services, with VNA & Hospice of the Southwest Region, offers individual bereavement services as well as grief workshops. For more information call 800-244-0568 or email

Hospice@vna-hsr.org. You may also wish to visit the Support Groups Calendar page to view a schedule of upcoming workshops <https://www.vermontvisitingnurses.org/events/category/grief-support-group/>.

Compassionate Friends

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**

Central Vermont Health & Hospice offers online via Zoom. CVHHH offers grief support groups in 6-week sessions. Groups offered: Grief and Loss, Spouse/Partner Loss. Contact Diana Moore, Bereavement Coordinator, 802-224-2241, dmoore@cvhhh.org

<https://www.cvmc.org/community-wellness/classes-and-events/bereavement-support-group-0>

Windham County**Brattleboro/Keene, NH****A Safe Place, The Samaritans, Inc.**

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.

<http://samaritansnh.org/support-groups/>

Windsor County**Lebanon, NH****The Dartmouth-Hitchcock Aging Resource Center**

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**

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

Online Support Community**Compassionate Friends**

The Compassionate Friends offers a variety of private Facebook Groups and live chats through an Online Support Community for those who are grieving the death of a child.

<https://www.compassionatefriends.org/find-support/online-communities/>

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