

## Grief Support

Many grieving people wonder if they would benefit from joining a support group. Support groups are a time-tested method of help for people struggling with all sorts of difficulties. But groups are not magic; there are no words that can be uttered within a group setting that can make grief disappear.

Will a support group help? Groups are places to work together and support one another; they are places where everyone gives and takes. Not everyone will find a support group suitable; each individual grieves in his or her own way. For many, however, support groups have much to offer, such as:

**Validation:** Grief is experienced in so many ways -- physical, emotional, and spiritual. One needs a place to recognize that these reactions are part of the journey of grief. Being with other grieving people can reaffirm that one is not going crazy. While every loss is unique, through support groups one can bask in the support of others who have experienced loss and understand.

**Time away:** For many people, a support group can be a break from the loneliness and the boredom that often comes with grief.

**Suggestions for coping:** There is no single solution to dealing with loss, but members of a support group can offer a range of alternatives. By listening to stories of how others cope with a particular problem, one can find the solution that might work best.

**Support groups offer two other gifts:** They provide hope by providing models that reaffirm that one can survive loss. Participating in a support group can help the griever find new empathy, new understandings, and renewed strengths.

### **Hospice Grief Support Resources:**

Hospice of the Valley provides grief support programs at no cost to anyone in our community. They can help you cope with the overwhelming sorrow you are feeling.

Hospice of the Valley offers grief support groups both virtually and in-person. Adults interested in participating are asked to **call the RSVP Line: 602-636-5390**. Please leave your name, phone number and email address in order to provide you with information on any available groups. Or visit their website: <https://www.hov.org/our-care/grief-support/> for more information and support.

For immediate crisis support, contact:

Maricopa County Crisis Response: (602) 222-9444

Warm Line: (602) 347-1100

Crisis Text Line: Text 741741 or visit [www.crisistextline.org/text-us/](http://www.crisistextline.org/text-us/)

New Song Center for Grieving Children is offered both virtually and in person for children, ages 4 through teens, young adults and adults for up to 24 months. Families may enroll by calling (480) 951-8985 or by emailing [info@newsongcenter.org](mailto:info@newsongcenter.org)

### **Additional Resources:**

The Compassionate Friends - Supporting families after the death of a child, [compassionatefriends.org](http://compassionatefriends.org)

AARP Grief and Loss Resources - Support after the death of a senior, [aarp.org/caregiving/grief-loss-end-of-life/?cmp=RDRCT-bf1da46e-20210730](http://aarp.org/caregiving/grief-loss-end-of-life/?cmp=RDRCT-bf1da46e-20210730)

National Widower's Organization - Support for men grieving a loss, [nationalwidowers.org](http://nationalwidowers.org)

### **Suicide Loss and Prevention:**

American Foundation for Suicide Prevention - Support for suicide survivors, [afsp.org](http://afsp.org)

National Suicide Prevention Lifeline: 1-(800) 273-TALK (8255) or text HELLO to 741741

The Jason Foundation: [jasonfoundation.com](http://jasonfoundation.com)

A Friend Asks phone app