

**2-1-1 Big Bend
Resources for Grief and Loss
Updated July 26, 2012**

Losing a loved one can be difficult. As you grieve, there are resources that may be able to help you cope with this complicated time.

You can call **Helpline 2-1-1** (by dialing 2-1-1 or 850-617-6333) for confidential counseling and referrals to human service agencies in the Tallahassee area. Counselors at the **National Suicide Prevention Lifeline** (1-800-273-8255) are also available 24/7 to assist people in crisis.

Big Bend Hospice (878-5310, www.bigbendhospice.org) offers a Suicide Loss Support Group. Individual counseling is also available by appointment. There is no charge for the support group, but registration is requested. The group meets on the 3rd Tuesday of each month from 6:00 PM -7:30 PM at the Hospice office at 1723 Mahan Center Blvd.

Lee's Place (841-7733, www.leesplace.org) is a non-profit grief and loss therapy center. Individual counseling is available by appointment. The first session is free, and the costs of subsequent sessions are based on income and the number of dependents a client has. They do not accept insurance.

A **Grief Support Group** meets at Cherry Laurel Gracious Retirement Living, 1009 Concord Road, Tallahassee. Group meetings are from 4:00 pm – 5:00 pm on the first Tuesday of every month in the Activity Room on the First Floor. Contact Lee A. "Leah" Layman at 850-656-8758.

The **GriefShare Support Group** meets at Wildwood Presbyterian Church, 100 Ox Bottom Rd., Tallahassee. They meet on Wednesdays from 6:00 pm-8:00 pm. Contact Doug Musil at 850-894-1400.

Online resources that may be helpful:

Grief in the Workplace

<http://www.hellogrief.org/grief-in-the-workplace/>

<http://www.noah-health.org/en/mental/disorders/grieving/what/work.html>

<http://www.americanhospice.org/articles-mainmenu-8/grief-at-work-mainmenu-11>

Losing Someone to Suicide

www.afsp.org/survivorday

<http://www.helppromotehope.com/>

<http://www.afsp.org/>

<http://www.suicidology.org/web/guest/suicide-loss-survivors>

General Community Resources in Tallahassee and the Florida Big Bend Region

www.211BigBend.org

Again, **if you need immediate help**, please call Helpline 2-1-1 (by dialing 2-1-1 or 850-617-6333) or the National Suicide Prevention Lifeline at 1-800-273-8255 as both services are open twenty-four hours a day. Helpline 2-1-1 is a program of 2-1-1 Big Bend, Inc.