

Grief Support Resources in Tooele County*

The Balanced Stone

801-953-0444 thebalancedstone.com

Grief Workshops with Chaplain Irene Huntsman are offered through The Balanced Stone. Mourning is something we will all have to navigate. Whether you are facing your own loss or supporting someone close who is struggling, you can get through it. You can grow your resilience and develop your emotional muscle. To join a class to learn tools for coping with grief and rebuilding a meaningful life, call or go to the website for further information. The Balanced Stone wellness center is located at 156 E 2000 N #120 in Tooele.

Life's Worth Living Foundation

435-248-LIVE (5483)

Find current information for Life's Worth Living Foundation on Facebook.

The focus of this foundation is suicide prevention and suicide loss grief support.

Support group meetings are held the 4th Thursday of each month at 7 pm at Mountain West Medical Center 2055 N. Main Street, Tooele. Life's Worth Living support is nondenominational and anyone who has lost a family member or friend to suicide are invited to attend.

Rocky Mountain Hospice Grief Group

903-238-6732 kristy.johnson@rmcare.com

We work through grief and loss with an open and caring environment. Sharing experiences and feelings can be healing. Starting in December, group meetings will be held the 3rd Thursday of each month at 6 pm at Willow Springs 85 E 2000 N, Tooele.

SafeUT

1-800-273-8255

Or you can download the SafeUT app from Google Play or Apple App Store

Call or chat with a counselor using this toll-free number. The SafeUT line is designed to provide 24/7 crisis intervention and emotional support in any type of crisis. Use it to get help and understanding for: relationship difficulties, loss and grief, depression, anxiety, school problems, drug & alcohol problems, self-harm, suicide, or any life challenge that is concerning you.

Share Parents of Utah

801-272-5355 sputah.org

Also find current information for Share Parents of Utah on Facebook.

Their mission is to serve those touched by the death of a baby through pregnancy loss, stillbirth, or in the first few months of life. Their purpose is to provide support toward healing.

Support group meetings in Tooele County are the 3rd Wednesday of the month from 7:30-9:00 pm at the Equity Real Estate building located at 614 N. Main Street, Tooele with parking and entrance in the back.

Stansbury High School

435-884-7730 ext. 4424 mquarez@tooeleschools.org

Mitzi Quarez, Counselor, Department Head and HOPE Squad Advisor, at Stansbury High School leads small group counseling sessions for grieving students. Contact her for program details.

Tooele County Health Department Aging Services

435-277-2420 tooelehealth.org

The Next Chapter is a social support and educational program, helping widows and widowers adjust to the loss of their spouse. Through this monthly program, Tooele County Aging Services hopes to reinforce a sense of belonging in our community in those who are grieving. Join others who are on the same page as you and begin a new chapter in your story.