# Grief Support Resources in Tooele County*

## 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 is invited to attend.

## GriefShare

801-577-4100 Pastor Traci Hardell

at Mountain of Faith Lutheran Church 650 South Main Street, Tooele

GriefShare is a 13-week class/support group providing valuable guidance and tips, leading you to relief, comfort, and peace of mind. It is a national Christian-based program that has helped those who are grieving for 25 years. Those of any faith and non-believers are welcome and can benefit from participation. Watch a video on some aspect of grief, then a discussion will be held each session. More information and registration for both groups can be found online at griefshare.org. The class is free but there is a charge for the workbook. Please call Pastor Traci with any questions.

## SafeUT

dial 988 OR 1-833-372-3388

You can also download the SafeUT app from Google Play or Apple App Store

SafeUT provides a way to connect to licensed counselors that are ready to listen to any crisis or concern 24 hours a day, 7 days a week 365 days a year. Support is immediate and confidential. 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 concerns you.

## Stansbury High School

435-833-8778 ext. 1700 mquarez@tooeleschools.org

Mitzi Quarez, Counseling & Mental Health Services Director for Tooele County School District, leads small group counseling sessions for grieving students at Stansbury High School. Contact her for program details or if there is interest at other schools.

## Tooele County Health Department - Aging Services

435-277-2420 health.tooeleco.gov

**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.

*updated 10/14/2026 - If additions, corrections, or changes needed, please contact sarah.obray@tooeleco.gov