

# 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 4<sup>th</sup> 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.

## **SafeUT**

1-833-372-3388 OR dial 988

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 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    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.

## **Tooele Valley Grief Support Group**

903-238-6732    Kristy Johnson

We work through grief and loss with an open and caring environment. Sharing experiences and feelings can be healing. Call Kristy Johnson for more information about group meetings.

\*updated 10/13/2023 - If additions, corrections, changes needed, please contact sarah.obray@tooelehealth.org