

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.

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. Group meetings are 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 text 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 concerns you.

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.