

# Resources to Support YOU!



**St. Paul's Episcopal Church**

306 Peyton Road, SW  
Atlanta, GA 30311  
404.696.3620  
[WWW.StPaulsAtl.org](http://WWW.StPaulsAtl.org)  
The Rev. Pauline Samuel, Rector

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988 Suicide or Crisis Lifeline .....	<b>1</b>
SAMSA (Substance Abuse and Mental Health Administration)	
National Helpline .....	<b>1</b>
Grief and Loss Resources.....	<b>2</b>
- GriefShare	
- What's Your Grief?	
- Visiting Nurse Health System	
Specialty Support .....	<b>3</b>
- National Widowers Foundation	
- American Foundation for Suicide Prevention	
- TAPS (Tragedy Assistance Program for Survivors)	
- AARP Grief and Loss Resources	
- National Domestic Abuse Hotline	
- Kate's Club	
Support Groups.....	<b>4</b>
- Virtual Support Groups	
- Bereavement Support Resource List for Metro Atlanta (2021-2022)	

## **Specialty Support (Cont.)**

### **KATE'S CLUB**

*Kate's club empowers children and teens, their families, and young adults facing life after the death of a parent, sibling, caregiver or someone important.*

www.Katesclub.org  
404.347.7619

Also check out: The Kate's Club Took Kit

Resources to talk to your child about death, tragic events in the news, suicides, death by addiction, etc.

<https://katesclub.org/resources/>

## **Support Groups**

### **VIRTUAL SUPPORT GROUPS**

<https://vnhs.org/hospice-atlanta/bereavement-support/> (Scroll down to "Virtual Support Groups")

### **BEREAVEMENT SUPPORT RESOURCE LIST FOR METRO ATLANTA (2021-2022)**

<https://vnhs.org/hospice-atlanta/bereavement-support/bereavement-resource-list-2021-2022/>

**TAPS (TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS)**

*Support for grieving military survivors and families*

<https://www.taps.org/>

800-959-TAPS (8277) (24/7)

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**AARP (AMERICAN ASSOCIATION OF RETIRED PERSONS)**

**GRIEF AND LOSS RESOURCES**

*Support after the death of a senior*

[www.aarp.org](http://www.aarp.org) (search: grief and loss)

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**NATIONAL DOMESTIC VIOLENCE HOTLINE**

*We answer the call to support and shift power back to those affected by relationship abuse.*

Call 1.800.799.SAFE (7233)

Live chat available. Text “START” to 88788

**988 SUICIDE OR CRISIS LIFELINE**

*If you're in emotional distress or suicidal crisis, find help in your area by calling 988.*

*If you believe that someone else is in danger of suicide and you have their contact information, contact your local law enforcement for immediate help. You can also encourage the person to contact a suicide prevention hotline using the information above.*

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**SAMSA (SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION) NATIONAL HELPLINE**

*SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.*

1-800-662-HELP (4357)

## **Grief and Loss**

### **GRIEFSHARE**

*Grief Recovery Support Groups*

<https://www.griefshare.org/>

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### **WHAT'S YOUR GRIEF?**

*A website about all things "grief".*

<https://whatsyourgrief.com/>

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### **VISITING NURSE HEALTH SYSTEM**

*Grief support resources for children, teens, and adults.*

<https://vnhs.org/hospice-atlanta/bereavement-support/>  
(Scroll down to "Bereavement and Grief Resources")

## **Specialty Support**

### **NATIONAL WIDOWERS FOUNDATION**

*Support men grieving a loss*

<https://nationalwidowers.org/>  
800-309-3658

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### **AMERICAN FOUNDATION FOR SUICIDE PREVENTION**

*Support for suicide providers AND individuals contemplating suicide*

<https://afsp.org/>  
1-888-333-AFSP (2377)

### **If in crisis:**

Text 988 or text TALK to 741741

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