



Orange County Suicide Loss Grief Support Groups



Friends with Hope Bereavement Support

Group Meets Online & In-Person 7:00 - 8:30 PM PST

ONLINE MEETINGS: 1st and 3rd Monday of every month

IN-PERSON MEETINGS: 2nd and 4th Monday of every month

CONTACT: Heather Cram 714-524-1996

heatherc@withhopefoundation.org

<https://www.withhopefoundation.org/suicide-bereavement-support>

Jeri Livingstone's Survivors of Suicide Support Group

Is a group of non-sectarian group of suicide survivors who have lost a loved one to suicide and survived. Our meetings are open and a place to share your experience with people who will listen and share their own story.

Suicide loss is very complicated and each of us grieves differently. As we gather as a group we listen and share our stories in the hope of helping one another on a most complicated and difficult journey.

FOR CURRENT MEETING INFORMATION

Contact Jeri Livingstone at jandktoo@socal.rr.com 714-539-1429

www.survivorsofsuicide.us



Grief Share is a network of thousands of grief recovery support groups meeting around the world. GriefShare is a program with direction and purpose. With GriefShare you will learn how to walk the journey of grief and be supported on the way. It is a place where hurting people find healing and hope.

To find a group near you go to www.griefshare.org

Therapy and Support

<https://didihirsch.org/services/suicide-prevention/therapy-support/>

Adult Suicide Bereavement Groups

Groups are held in Century City, Sherman Oaks, Redondo Beach, San Marino, Santa Ana and Newbury Park. Participants meet in groups of six to 10 once a week for 90-minute sessions over eight consecutive weeks.

Groups are held during day or evening hours.

For more information, contact Didi Hirsch's Suicide Bereavement Services Program

Director Rick Mogil 424-362-2912 or rmogil@didihirsch.org

Support Group for Suicide Attempt Survivors

The groups are held in Los Angeles and Orange Counties. Participants meet in groups of six to 10 once a week for 90-minute sessions over eight consecutive weeks. They are co-facilitated by a therapist and a suicide attempt survivor who has successfully completed a group.

For more information or to schedule an intake, please contact our Suicide Prevention Counseling Center at spccounseling@didihirsch.org or (424) 362-2911.

Teen Suicide Bereavement Support Groups

Teens who have experienced the death of someone by suicide receive emotional and therapeutic support from clinicians and other teens in our 8-week grief support groups. Meetings are in small groups, once a week, for 90-minute sessions where they learn healthy stress-management tools and new and creative coping skills to help them deal with their loss. Teen support groups are part of the new Everychild Suicide Prevention Project. For more information on teen suicide bereavement groups, call (424) 362-2911.

Survivors of Suicide Men's Phone Support

Chris is a survivor of suicide who lost his son. He has a heart of compassion for other survivors and understands the dynamic of how men deal differently with grief than women. He was trained by The Link Counseling Center. <http://www.thelink.org> If you are experiencing difficulty in your grief please reach out to him for support.

Chris Johnson 714-814-6779

For a **National Directory** of suicide survivors support groups near you, go to

<https://afsp.org/find-a-support-group/>