



PUBLIC HEALTH
SAUK COUNTY

Together we thrive

Grief Resources



This guide was created to help you after the death of a loved one. It provides information about support groups and other local, state, and national resources you may wish to access in the months to come.



Local Resources

Agrace – Fitchburg and Virtual, *Grief Support Groups and Individual Support*

For anyone, virtual or in-person, group (\$20) or 1:1 (\$50) - Fees can be waived for financial hardship. For more information or to register, call **608-327-7110**, email griefsupport@agrace.org or visit agrace.org/grief-support/griefgroups. For individual grief support in Spanish, call **608-327-7025**

St. Croix Hospice and Maplewood – Sauk City, *Grief Support Group*

Grief and loss support group for anyone, held the third Tuesday of each month (3pm-4pm). Call **608-643-3383** or email marketing@maplewoodsaukprairie.com

Walking Through Grief - SSM Health Madison, *Grief Support Group*

Eight-week education and support group for anyone grieving the death of a loved one. Call **608-324-1229** or visit ssmhealth.com/classes-events for more information.

GRASP – Grief Recovery After a Substance Passing – Madison, *Grief Support Group*

Held the second Thursday of each month (6:30pm-8pm). Call **608-250-5147** for questions and to pre-register for group meetings or visit grasphelp.org/south-central-chapter/

Harbor Recovery Support – Portage, *Overdose or Suicide Loss Grief Support Group*

Grief support group for those whose friends or family died by overdose or to suicide. Held the first and third Wednesday of each month (6pm-7pm). Call **608-697-7163** to register

Survivors of Suicide – Madison, *Suicide Loss Grief Support Group*

Located at Journey Mental Health Center. Provides support to people who have been affected by a suicide loss. Held the second Tuesday of each month in-person and the fourth Tuesday of each month virtually (7pm-8:30pm). Call **608-280-2435** for more information.



Local Resources

National Alliance on Mental Health – Madison and Virtual, *Support Group & Resources*

For those who struggle with mental health or substance use and their loved ones, call **608-249-7188**. For a bereavement resource packet for those who have lost friends or family to suicide, visit namisaukarea.org/support-and-education/support-groups/support-for-suicide-loss-survivors/. For grief support information in Spanish, visit namiwisconsin.org/resources/en-espanol/

WisHope Peer Recovery Coaches – Baraboo, *Individual Support*

Free support for recovery from use of alcohol and other drugs & support for loved ones affected by substance use, including overdose.

Call or text a WisHope Peer Recovery Coach at **844-515-1444**

Breathe, Grieve, Grow – Baraboo, *Overdose Grief Support Group*

Overdose grief support group held the first Sunday of each month (7pm-8pm)

Call or text **844-515-1444**

Compassionate Friends – Madison, *Loss of a Child Grief Support Group*

Support group for parents and families who have experienced the death of a child, sibling, or grandchild. Held the third Thursday of each month (7pm-8:30pm)

Call **608-512-2223** or visit tcfmadisonareachapter.com/events.aspx

Sauk County Crisis Line

Call **608-355-4200** (Mon-Fri 8am-4:30 pm)

After hours, call **800-533-5692** (Mon-Fri 4:30pm-8am, Weekends & Holidays)

Sauk County Human Services

For anyone, to connect you to additional services. Call **608-355-4200**

For additional grief support resources, contact your local hospital and church.



State Resources

211 Wisconsin

Connect with a directory of community resources

Call **211** or text your ZIP code to **898-211**

Suicide & Crisis Lifeline

Support for people experiencing mental health and substance use concerns

Call or text **988** or visit **988lifeline.org**

HOPELINE Text Line

For those struggling with mental health and feeling suicidal

Text "HOPELINE" to **741741**

Warmline

Peer support by phone for anyone

Call **608-244-5077**

Unity Hospice

Grief support for anyone virtually

Call **920-339-6700** or visit **unityhospice.org/grief-support**

Infant and Child Loss – Virtual, *Loss of a Child Grief Support Group*

Support group for parents who have experienced the death of an infant or child. Held the third Monday of each month (6:30pm-8pm). For more information and to register, visit **childrenswi.org/family-resources/parenting-resources/grief-support** or inquire about individual counseling at **griefsupport@childrenswi.org**





National Resources

American Foundation for Suicide Prevention

For programs and resources to support suicide loss survivors in both English and Spanish, visit afsp.org/ive-lost-someone/

Star Legacy Foundation – Virtual, *Loss of a Child Grief Support Group*

For families navigating the grief of pregnancy loss, still birth, and infant loss. Offered in both English and Spanish. Visit starlegacyfoundation.org/support-groups/ for more information and to register

MISS Foundation

Support for family members experiencing the death of a child

To request services, visit <https://www.missfoundation.org/request-for-miss-foundation-services/>

Mental and Substance Use Disorder Treatment Locator

Confidential and anonymous resource to locate treatment for mental and substance use disorders, visit findtreatment.gov/

LGBT National Hotline

For those struggling with mental health and feeling suicidal

Call **888-843-4564** Monday-Friday 1pm-10pm, Saturday 11am-4pm

Veterans Crisis Line

Call **988** (press 1) or text **838255**

YouthLine

Peer-to-peer help, support, and crisis line. Text “teen2teen” to **839863** or call **877-968-8491**. Teen-to-teen help Monday-Friday 6pm-12am. Adults are available to help youth 24/7.

