

Grief Resources

Support Groups

- **American Foundation for Suicide Prevention**
 - Support after loss: <https://afsp.org/ive-lost-someone>
- **LVHN: <https://www.lvhn.org/medical-services/grief-support-services>**
 - **Stepping Stones for Children:** This special group is a combination of education, arts, activities, and support designed to help facilitate healthy grieving with others of the same age who understand what they are going through. The groups will all meet together before breaking off into the following sections.
 - Contact: (610) 402-7481
 - Group meets at 2024 Lehigh Street, Allentown, PA 18103
 - Stepping Stones for Children: Ages 6-10. This group will learn age-appropriate concepts about death and dealing with grief based off of children's books on the topics.
 - Stepping Stones for Adolescents: Ages 11-14. This group provides adolescents with a safe environment where they can express their feelings through discussion, creative arts, and activities.
 - Stepping Stones for Parents/Guardians: While the children are in group, the adults can learn grief management tools to use with their child.
 - **Giving Sorrow Words:** Along our journey through grief, there is nothing more powerful than having our thoughts and feelings validated and understood. This six-week psycho-education support group meets multiple times throughout the year. This group is for adults 18 and older.
 - Contact: (610) 402-7481
 - Group meets at 2024 Lehigh Street, Allentown, PA 18103

- **Memorial Art Group:** Create a piece of art to honor your loved one. Led by a board-certified art therapist, this adult group requires no artistic ability!
 - Meets the second Monday of each month from 6 – 7:30 PM

- **St. Luke's Open /Drop-in Support Groups: All members of the community who need bereavement support are invited to attend**
 - St. Luke's - Grief Support (slhn.org)
 - **Lehigh Open Group:** Meets on the third Monday of every month from 3:00 - 4:00 pm at Dinkey Memorial Church, 1742 Dinkey Road, Lehigh, PA 18212
 - **Easton Open Group:** Meets first Monday of every month from 4:00 -5:00 pm at St. Luke's Hospital-Anderson Campus, Medical Office Building (MOB), 1872 St. Luke's Blvd, Easton, PA 18045 in Conference Room A.
 - **Quakertown Open Group:** Meets on the second Monday of every month from 6:30-7:30 pm at St. Luke's Hospital-Quakertown Campus, 1021 Park Avenue, Quakertown, PA 18951 in Taylor B Conference room.

- **Cancer Support Community of Lehigh Valley:** Local non-profit organization providing emotional and social support. They offer support groups, educational workshops and mind/body classes in their Allentown office. Programs are free, but registration is required.
 - Call 610-861-7555 or email in-fo@cancersupportglv.org to register or for more information.

Helpful Websites

- **The Dougy Center:** <https://www.dougy.org/>
 - Website offering a variety of grief resources for children and adolescents including activities, tip sheets, and books

- **Hope Again (UK-based):** <https://www.hopeagain.org.uk/>
 - Website which provides support, advice and information to children, young people and adults when someone close to them dies.
- **TeenCentral:** <https://teencentral.com/>
 - Website where students can access resources or write-in anonymously and receive feedback within 24 hours from a trained counselor (responses posted on website).

Crisis Contacts

- **The Warmline** Phone English: 610-820-8451, Spanish: 484-233-0785 6-10 PM daily For mental health concerns, you can call anytime if you need someone to listen, someone who cares. Resources provided as needed
- **Northampton County Crisis Intervention Phone:** Emergency suicidal ideation and mental health assistance. 610-252-9060 24 hours a day, 7 days a week
- **Suicide Hotline:** Emergency support for people considering suicide. 1-800-273-8255 24 hours day, 7 days a week
- **Crisis Textline:** <https://www.crisistextline.org/>
 - Text HOME to 741741
 - Textline available 24 hours a day, 7 days a week
- **The Trevor Project:** <https://www.thetrevorproject.org/>
 - Phone: 1-866- 488-7386 Phone line available 24 hours a day, 7 days a week
 - Support for young persons who are in crisis or are feeling suicidal. Also available in TrevorChat and Trevor Text and Trevor Space all available (use link above to access- not 24 hours)