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**Local Resources for Survivors of Suicide Loss**

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**YOUR LOCAL AFSP CHAPTER**

**AFSP NEBRASKA**

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***This resource list is made available as a public service. AFSP does not endorse or recommend any of the particular groups or organizations listed.***

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**NATIONWIDE 24-HOUR CRISIS LINE** If you, or someone you know, are ever in crisis, call the Suicide Prevention Lifeline at 1-800-273-TALK (8255).

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**SUICIDE BEREAVEMENT SUPPORT GROUPS**

These groups provide a safe place where survivors of suicide loss can share their experiences and support each other. Most groups meet once or twice a month. We strongly recommend calling ahead to confirm that locations, dates, and times have not changed since this list was last updated. A nationwide directory of groups can always be accessed at [www.afsp.org/survivingsuicideloss](http://www.afsp.org/survivingsuicideloss).

**OMAHA**

**S.O.S. – Survivors of Suicide**

*Fred Henninger, 402-558-4616 or [sos.omaha@yahoo.com](mailto:sos.omaha@yahoo.com)*

*First Christian Church, 66<sup>th</sup> & Dodge Streets*

*Meets the 3<sup>rd</sup> Tuesday of each month at 7:30 p.m.*

*Peer Facilitated*

*For anyone who has suffered a loss due to suicide.*

*Donations welcomed.*

*Updated 3/2011*

**P.O.S.T. – Parents of Suicides Together**

*Laraine Peck, 402-496-0309 or [lpeck@tconl.com](mailto:lpeck@tconl.com)*

*St. Andrew's Episcopal Church – 84<sup>th</sup> & Pacific Streets*

*Meets the 2<sup>nd</sup> Tuesday of each month at 7:00 p.m.*

*Peer Facilitated*

*For parents and siblings.*

*No fee.*

Also have a monthly lunch for mothers to attend; call for date and time.  
Updated 3/2011

## **LINCOLN**

### **Ray of Hope – Survivors of Suicide Support Group**

Gary and Jennifer Nelson, 402-477-8610

Our Saviour's Lutheran Church, 40<sup>th</sup> & C Streets, East Parking Lot  
1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month at 7:00 p.m.

Peer Facilitated

No fee.

Updated 3/2011

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## **ONLINE SUICIDE BEREAVEMENT SUPPORT GROUPS**

Many survivors find online support groups to be helpful. You can find a list of online suicide bereavement support groups and other helpful survivor websites at

[www.afsp.org/survivingsuicideloss](http://www.afsp.org/survivingsuicideloss).

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## **OTHER GRIEF SUPPORT GROUPS**

Even though they may not be specific to suicide loss, many survivors find general grief support groups helpful.

### **Adult Grief Education and Support**

Rosemary Brownrigg, 402-391-1664

John A. Gentleman Omaha and Bellevue Chapels

Meets Tuesdays at 2:00 p.m., 3402 Samson Way (34<sup>th</sup> & Hwy. 370), Bellevue

Meets Wednesdays at 2:00 p.m., 72<sup>nd</sup> and Western, Omaha

Meets Thursdays at 6:30 p.m., 14151 Pacific Street, Omaha

Staff facilitated.

No fee.

Call to register.

Updated 3/2011

### **After Care Grief Support Group**

Sharon Zehnder, 402-391-3900 or [www.heafeyheafey.com](http://www.heafeyheafey.com)

Crown Pointe Retirement Center, 2820 S. 80<sup>th</sup> Street

Usually the 2<sup>nd</sup> Sunday of each month, 6:00 p.m. Call to confirm.

Staff facilitated.

No fee.

For adults.

Updated 3/2011

### **Bereavement Support Group**

Contact Jayne at VNA 402-930-4269, Sandy at Methodist Hospital 402-354-3200, or

Peggy at Alegent Hospital 402-898-8150.

St. Andrew's Episcopal Church, 84<sup>th</sup> & Pacific Streets

*Meets on Mondays from 5:30 – 7:00 p.m.  
Meets for 6 week sessions. Offered in the spring and fall.  
Professional facilitation.  
No fee.  
Call to register.  
For adults.  
Updated 3/2011*

**Grief Share**

*St. Andrew's United Methodist Church, 15050 W. Maple Road  
Diana Faust, 402-431-8560, ext. 31  
Meets on Mondays from 7:00 – 8:30 p.m.  
Meets for 13 week sessions. Offered in the spring and fall.  
Peer facilitated.  
Fee for materials: \$20  
Call to register.  
Updated 3/2011*

**Grief Share**

*Faith Westwood United Methodist Church, 4814 Oaks Lane, Room 227—229  
Vikki O'Hara, 402-650-9489  
Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month at 6:30 p.m.  
Staff facilitated.  
For adults and teens.  
Can join at any time.  
Updated 3/2011*

**Grief Share**

*Christ Community Church, 404 S. 108<sup>th</sup> Ave.  
Richard and Ruth Boettcher, 402-296-2671  
Meets on Wednesdays from 6:30 p.m. – 8:00 p.m.  
Peer facilitated.  
No fee. Optional materials fee: \$10  
Can join at any time.  
Updated 3/2011*

**Grief Share**

*Celebration Covenant Church, 16868 Giles Road  
Dana Bonsell, 402-894-9191  
Meets on Wednesdays at 7:00 p.m.  
Peer facilitated.  
Fee for materials: \$25  
Call to register.  
Updated 3/2011*

**Grief Share**

*Divine Shepherd Lutheran Church, 150051 Q Street  
402-895-1500*

*Offered in the spring and fall.*

*Staff facilitated.*

*No fee.*

*Call to register.*

*Updated 3/2011*

**Grief Share**

*Life Spring Church, 13904 S. 36<sup>th</sup> Street*

*Ken Belew, 402-292-4546*

*Meets on Mondays from 6:00 – 7:00 p..m.*

*Offered in the spring and fall.*

*Staff facilitated.*

*No fee. Optional materials fee of \$10.*

*Call to register.*

*Updated 3/2011*

**Grief Share**

*Thanksgiving Lutheran Church, 3702 370 Plaza, Bellevue*

*Susan Westland, 402-292-2695*

*Offered in the spring and fall.*

*Staff facilitated.*

*Fee for materials: \$15.*

*Call to register.*

*Updated 3/2011*

**Grief Share**

*Prairie Land Christian Reformed Church, 3111 S. 119<sup>th</sup> Street*

*Jill Adams, 402-333-7173*

*Offered in the spring and fall.*

*Staff facilitated.*

*No fee.*

*Call to register.*

*Updated 3/2011*

**Grief Share**

*Immanuel Lutheran Church, 104 Galvin Road North, Bellevue*

*402-291-8868*

*Offered in the spring and fall on Wednesdays, 6:30 p.m.*

*Peer facilitated.*

*No fee.*

*Call for meeting dates and time.*

*Updated 3/2011*

**Grief Support**

Jane Dugan, 402-895-3400

Braman Mortuary, 6505 S. 144<sup>th</sup> Street

Meets the 4<sup>th</sup> Tuesday of each month; call for times.

Professional facilitation.

No fee.

Updated 3/2011

**Surviving Bereavement...Life Continues**

Linda Dempsey, 402-572-2933

Alegent Health Immanuel Medical Center, 6901 N. 72<sup>nd</sup> St.

Meets on Thursdays from 6:00 – 7:30 p.m.

Meets for 6 week sessions. Offered in the spring and fall.

Professional facilitation.

Fee: \$20

Call to register.

For all types of losses.

Updated 3/2011

**The Compassionate Friends**

Greater Omaha Chapter, 402-571-4011 or [www.tcfomaha.org](http://www.tcfomaha.org)

New Cassel Retirement Center, 909 N. 90<sup>th</sup> Street, Auditorium Level 2

Meets the 1<sup>st</sup> Thursday of each month at 7:00 p.m.

Call or visit website for information on Spanish Support Group and Lunch meeting.

Peer facilitated.

No fee.

For bereavement due to the loss of a child.

Updated 3/2011

**Ted. E. Bear Hollow**

7811 Farnam Drive

Call 402-502-2773 or visit [www.tedebearhollow.org](http://www.tedebearhollow.org) for information.

For grieving children who have experienced the death of a family member or friend. Ted

E. Bear Hollow provides support groups, KidsKamp and more for children, their families

and young adults ages 18-30.

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**LOCAL BEREAVEMENT PROGRAMS**

In addition to support groups, here is information about other kinds of local bereavement programs:

**OMAHA****The Centering Corporation**

Call 402-553-1200 for store hours or visit [www.centering.org](http://www.centering.org) for their on-line catalog.

7230 Maple Street

*This non-profit bereavement resource center sells books, videos and other literature for the bereaved of all ages. They also publish "Grief Digest", a quarterly magazine supporting grieving people and caregivers.*

**Ted. E. Bear Hollow**

7811 Farnam Drive

Call 402-502-2773 or visit [www.tedebearhollow.org](http://www.tedebearhollow.org) for information.

*Ted E. Bear Hollow is for children, teens and families who have experienced death of a family member or friend. It provides support groups and more for children, their families and young adults ages 18-30.*

**PAPILLION**

**Grief Recovery Outreach Program**

Kahler Dolce Mortuary, Gina Fricke, 402-339-3232

*Meets at the Papillion Library (84<sup>th</sup> and 2<sup>nd</sup> Streets) at 7:00 p.m., beginning the first Tuesday in November and continuing through the holiday season.*

*Call to register.*

*Updated 3/2011*

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**INTERNATIONAL SURVIVORS OF SUICIDE DAY**

Every year on the Saturday before Thanksgiving, AFSP sponsors this special day when survivors come together at local conference sites around the world for mutual support, healing, and information. Please join us at our local conference site(s):

***The Kim Foundation***

*Located in the C & A Building*

*13609 California Street*

*12:00 p.m. – 2:30 p.m.*

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**AFSP/AAS HEALING AFTER SUICIDE CONFERENCE**

This national conference takes place in a different city each year and is designed for survivors of suicide loss, suicide bereavement support group facilitators, mental health professionals, and interested others. Co-sponsored by the American Foundation for Suicide Prevention and the American Association of Suicidology. Learn more at [www.suicidology.org](http://www.suicidology.org) (Click on "About AAS" and then "Activities").

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## **MENTAL HEALTH REFERRALS**

Although AFSP is not able to recommend particular therapists, the following sources may help you find a local mental health professional.

Bear in mind that not every doctor or therapist will necessarily be the right fit for you, so trust your instinct; if it doesn't feel right after one or two appointments, consider trying another.

- Ask your doctor for a recommendation
- Contact the Department of Psychiatry at a local university or hospital
- Visit the American Psychological Association webpage, <http://locator.apa.org/> or call 800-964-2000, M-F, 8:30am-5pm Eastern Time.
- Contact The American Psychiatric Association (Email [apa@psych.org](mailto:apa@psych.org) or call 888-357-7924 and press 0 to speak with a customer service representative)
- *For low-cost options*, visit the Mental Health America website at <http://www.nmha.org/go/help> or call 1-800-969-6642, M-F, 9am-5pm Eastern Time.
- Ask other survivors at support groups if they have had good experiences with any local therapists
- Finding a Mental Health Professional: A Personal Guide – created by the Depression and Bipolar Support Alliance is available at [www.dbsalliance.org/pdfs/finding.pdf](http://www.dbsalliance.org/pdfs/finding.pdf)

### ***Region 6 Behavioral Healthcare***

*3801 Harney Street*

*402-444-6573 or [www.RegionSix.com](http://www.RegionSix.com)*

### ***Nebraska Family Helpline***

*Toll Free 1-888-866-8660*

### ***United Way***

*Call 211*

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**Practical Advice • Survivor Stories • How to Help Children  
Suggested Books • International Survivors of Suicide Day Webcasts • And More**  
**[www.afsp.org/survivingsuicideloss](http://www.afsp.org/survivingsuicideloss)**

Phone: 888-333-AFSP (2377) ext 33    Email: [survivingsuicideloss@afsp.org](mailto:survivingsuicideloss@afsp.org)