

## **Resources for suicide loss support**

This is not a comprehensive list of all resources in Rhode Island; it's intended to be a starting place. Due to COVID-19, some of these may be offered virtually or be on pause. Many of these resources are free, but some (such as individual counseling) are not. We hope that you find something here that is helpful for you.

### **Individual and family counseling in Rhode Island**

*Psychology Today* has a search engine that allows you to search for therapists in your local area that specialize in grief. You can see what types of insurance they take, read their biographies/see their photographs, and learn more about their practice. To search, visit:

<https://www.psychologytoday.com/us/therapists>.

*Informal emotional support:* The Samaritans of RI host a 24/7 talk/listening line at (401) 272-4044 or (800) 365 4044. <http://www.samaritansri.org/>.

### **Support groups**

*FRIENDS WAY* provides peer support to children ages 3-18 and their families, throughout Southeastern New England, at no cost. See the pamphlet in this folder for more information.

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

*Hope Health.* Grief support groups for many different needs are listed on the Hope Health website. You can also call for more information: (888) 528-9077.

<https://www.hopehealthco.org/services/hospice-care/grief-support/find-a-grief-support-group/>

*SS (Suicide Survivors) Hope RI.* SS Hope is a peer led support group for people who have lost someone to suicide. It is open to adults and teens accompanied by an adult who have experienced a loss due to suicide. For further information, contact Neil Kiely at (401) 523-7051 or Laurie Kiely at (401) 451-6789.

<https://www.butler.org/patient-resources/support-groups>

*Safe Place.* Safe Place is a bereavement support group hosted by the Samaritans of RI for adults grieving the loss of a loved one to suicide.

<http://www.samaritansri.org/our-programs/safe-place>.

### **Summer Camps/Retreats**

#### *Camp Erin*

Camp Erin is the largest national bereavement program for youth grieving the death of a significant person in their lives. It is for ages 6-17.

<https://elunanetwork.org/camps-programs/camp-erin>

### *Camp BraveHeart*

A summer grief support camp for kids 4-17.

<https://www.hopehealthco.org/campbraveheartregistration/>

### *Weekend of Hope and Healing*

An adult weekend retreat for ages 18+.

<https://www.hopehealthco.org/services/hospice-care/grief-support/>

### *Experience Camps*

A national network of summer camps for children and teens who have experienced the death of a parent, sibling, or primary caregiver. <https://experiencecamps.org/>

### *Comfort Zone Camp*

Comfort Zone's programs are offered to children ages 7-17 and their families for the family programs, Comfort Zone also offers young adult programs for 18-25 year olds.

<https://comfortzonecamp.org/>

## **Other types of therapy**

### *Pet therapy*

Animal-assisted, or pet therapy, can be helpful for people of all ages. There are programs around Rhode Island, including those below.

#### *Paws from the Heart*

<https://pawsfromtheheartpettherapy.org/>

#### *Contact with Horses*

Phone: (401) 239-9899

Email: [info@contactwithhorses.com](mailto:info@contactwithhorses.com)

<http://www.contactwithhorses.com/index.html>

#### *Beachwood Center for Wellbeing*

Integrative Equine Therapy

Wakefield, RI

Phone: (401) 778-9110

Email: [info@beachwoodri.org](mailto:info@beachwoodri.org)

<https://beachwoodri.org/>

#### *Horses Bring Hope Rhode Island (for children)*

Head Instructor: *Dina Mancini Godinez*

Phone: (401)-265-1341

Email: [horsesbringhopepresident@gmail.com](mailto:horsesbringhopepresident@gmail.com)

## **Yoga/Meditation**

*Hope Health/Shri Yoga Grief Yoga and Meditation Group.* A weekly group in Pawtucket, RI tailored to people dealing with grief.

<https://www.hopehealthco.org/services/hospice-care/grief-support/>

*Hope Health Meditation and Mindfulness Workshops.*

<https://www.hopehealthco.org/services/hospice-care/grief-support/>.

*The Holistic Heart.* The Holistic Heart in Warwick, RI is a yoga studio that hosts classes focusing on grief and loss. For more information call: 401-441-8449 or email

[CONNECT@HOLISTICHEARTRI.COM](mailto:CONNECT@HOLISTICHEARTRI.COM).

<https://www.holisticheartri.com/workshops>

*Community Connections RI.* Yoga for Grief Resilience program hosted by Memorial Funeral Home in Newport, RI. For more information contact:

[info@communityconnectionsri.com](mailto:info@communityconnectionsri.com). 401-846-0698

<https://communityconnectionsri.com/feature/yoga-for-grief-resilience/>.

## **Art-based therapy or support**

*Hope Health* provides art therapy for grief.

<https://www.hopehealthco.org/services/hospice-care/grief-support/>

*Specialized Bereavement Groups for Children and Teens Affected by Suicide or Addiction at FRIENDS WAY.* These are groups in which children, teens, and young adults share their feelings and reactions to grief in an honest and open way. During the sessions they are also given the opportunity to express themselves through creative activities such as painting, drawing, and clay sculpting. <https://www.friendsway.org/programs>.

*Note:* Individual therapists specializing in art-based therapy can also be found through the *Psychology Today* listings, mentioned above.

## **Reading about grief**

*Hope Health* provides some online readings about the grieving process, supporting yourself through grief, and supporting others.

<https://www.hopehealthco.org/services/hospice-care/grief-support/grief-support-readings/>.