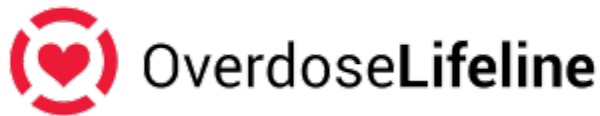


Resources for Families facing Loss of Loved One Due to Sudden Overdose

Grief has no timeline. Please consider seeking the support of caring, loving friends, family spiritual mentors, and professional counselors to help you through the grieving process. Below are a few resources for your consideration.

Overdose Death/Grief Support Groups:



OverdoseLifeline - <https://www.overdoselifeline.org/lifeline-for-loss/>

Loving someone with substance use disorder comes with a great deal of challenges and heartache. Society judges individuals who misuse substances, and the family experiences this stigma and shame too. When we lose a loved one to a drug overdose the ability to grieve is thwarted by this shame, stigma, and judgment imposed by society. Overdose Lifeline recognizes the need for an understanding community to provide support from a loss. **Lifeline for Loss is a monthly support group for anyone experiencing this loss.** Phone contact: (844) 554-3354; contact@overdoselifeline.org



Grief Recovery After a Substance Passing

GRASP (Grief Recovery After Substance Passing)

Specific group for overdose death: <http://grasphelp.org/> or <http://grasphelp.org/m/>

GRASP was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.

We have suffered this same kind of loss, and we have found the love and connection that only those who have lived this loss can give another. And while the pain of this loss will always be with us, we have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together, hand in hand and heart to heart.

Phone contact: (302) 492-7717; administrator@grasphelp.org

San Diego La Mesa Chapter:

<http://grasphelp.org/la-mesa-chapter/>

Pre-registration is required for new attendees; please contact chapter facilitator to register. Group held third Thursday of each month from 6:30-8:30 p.m.
Contact person: Shawn Norton (619) 793-8958; shawnmnorton@yahoo.com



Grieving Mothers' Support Group (Loss of a child; Christian-based)

<https://www.umbrellaministries.com/>

Umbrella Ministries was founded in 1996, with the sole purpose of helping mothers through their grief of losing a child. Since its beginning Umbrella Ministries has offered comfort, hope and encouragement to hundreds of mothers across the United States, including Alaska and Canada.

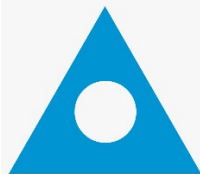
Grieving the death of a child can be a painful and lonely struggle. Working through such anguish requires tremendous effort, patience, faith and hope. Umbrella Ministries assists bereaved mothers through this difficult period with support, encouragement and love. If you have experienced the loss of a child, you need not grieve alone -- we understand and we're here for you.

San Diego Chapter:

<http://www.umbrellaministriessd.com/>

Meetings vary.

Contact person: Linda Stirling (619) 871-2870; help@umbrellaministriessd.com



AL-ANON / ALATEEN San Diego - <https://www.alanonsandiego.org/>

Al-Anon helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members. Our program of recovery is adapted from Alcoholics Anonymous and is based upon the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

The only requirement for membership is that there be a problem of alcoholism in a relative or friend. Whether the alcoholic is still drinking or not, Al-Anon/Alateen offers hope and recovery to all people affected by the alcoholism of a loved one or friend.
Phone contact: (619) 296-2666 - Available 24 hours per day.

Meetings can be found locally at alanonsandiego.org/find-a-meeting and are typically 1 to 1.5 hours long. There are meetings for parents of alcoholics, children of alcoholics, men's, women's, and LGBTQ+. Each meeting group has their own personality, and we suggest trying different meetings to find those that feel most comfortable.



The Elizabeth Hospice - [https://elizabethhospice.org/grief-support/children/Children & Adults Grief Counseling Services and Support – San Diego County & Southwest Riverside County](https://elizabethhospice.org/grief-support/children/Children%20&%20Adults%20Grief%20Counseling%20Services%20and%20Support%20-%20San%20Diego%20County%20&%20Southwest%20Riverside%20County): provides counseling, support groups, resources, and education to community members experiences the death of a loved one, regardless of the type of death experienced. We help people of all ages regain hope and move forward in life.

Main contact: (833) 349-2054 (toll free) ; info@ehospice.org
Children's Grief Support Group Contact Info:
Contact Person: Samira Moosavi
Phone contact: (760) 796-3701
Email: samira.moosavi@ehospice.org



Bereavement Center - San Diego County (San Diego County Medical Examiner's Office)

<https://www.sandiegocounty.gov/content/sdc/me/families/bereavement.html>

A sudden and tragic loss often accompanies the need to make very serious decisions while still suffering from the disbelief of what has happened. These decisions may include using services with which you are unfamiliar and involve matters that you have not previously considered. It is our hope that we can help ease your burden in some small way by providing information that may be helpful to you now and in the coming weeks. Our thoughts and prayers are with you during this difficult time.

The San Diego County Medical Examiner Bereavement Center partners with [The Center for Compassionate Care of the Elizabeth Hospice](#) (listed above) in order to be a support to those that have experienced a sudden and traumatic death in the family and provides free services such as licensed counseling, financial and credit counseling and credit services. We also refer services for Crime Victims Compensation, various survivor support programs for homicide, sudden infant death, suicide and general bereavement.

5570 Overland Avenue
Suite 101
San Diego, CA 92123-1206
Phone contact: (858) 694-2895



The Compassionate Friends – Supporting Family After a Child Dies
www.compassionatefriends.org

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Phone Contact: (877) 969-0010

Compassionate Friends - San Diego County Chapter 1027

<https://www.compassionatefriends.org/chapter/san-diego-county-chapter/>

Location:

Legacy Church

8076 La Mesa Blvd

La Mesa, CA 91941

Phone contact: (619) 583-1555

Meeting Information:

1st Wednesday of each month at 7:00 pm

****Chapter is currently holding virtual meetings. Please contact chapter directly for login information.**

<https://www.compassionatefriends.org/find-support/online-communities/>



Center for Jewish Care at JFS – For referrals: <https://www.jfssd.org/about-us/>

Jewish Family Service partners with people of all backgrounds to build stable and dignified lives. Together, we create a stronger and healthier community where everyone can thrive.

Location:

Community Services Building

8788 Balboa Ave.

San Diego, CA 92123

Phone contact: (858) 637-3210; please leave a voicemail, and we will respond within 1-2 business days.

*We are not currently offering any support groups, and we refer out to the community for such services.

Contact Person: Becky Lawton at beckyl@jfssd.org



Family Focus Christian Counseling- www.familyfocuscounseling.org

A safe place to gain insight and live out hope. Our mission is to glorify God as we serve and support those who seek help through counseling, intervention, training, and education for individuals, couples, and families. We believe that change begins in the heart through personal choice as each person seeks the Lord for His direction and healing in his or her life.

Location:

500 Fesler St., Ste 208

El Cajon, CA 92020

Phone contact: (619) 440-4211; info@familyfocuscounseling.org



A New PATH (Parents for Addiction Treatment & Healing)

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

A New PATH works to reduce the stigma associated with addictive illness through education and compassionate support, and to advocate for therapeutic rather than punitive drug policies.

They strive to assure access to quality cost-effective addiction treatment services, lessen the harms associated with addictive illness, reduce recidivism, save lives, and move

towards a healthier society, free from discriminatory drug policies, violent crime and wasted lives.

Location:

2527 Doubletree Rd.
Spring Valley, CA 91978
Phone contact: (619) 670-1184



Pier View Counseling

www.pierviewcounseling.com (Fee for service and insurance)

I am committed to providing high quality therapeutic services to anyone struggling to cope with the current circumstance in their life. I will teach you practical tools for healing grief, trauma and other major life transitions. With compassion and understanding, we will look at your situation from a deeper perspective to learn more about how we can apply healthy ways of thinking and new ways to engage in relationships with others. You will learn about how the mind works as a means of understanding how to invite peace and well-being into your life. I also incorporate other alternative healing practices, such as aspects of yoga and reiki, which may help maximize your healing process.

Lydia Lombardi, MSW, LCSW

Location:

2103 South El Camino Real, Suite 101A
Oceanside, CA 92054
Phone contact: (760) 576-5822



Center for
Community
Research

San Diego Rx Abuse Task Force

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

Misuse of prescription drugs in San Diego County continues to be a growing problem. The majority of prescription-related overdose deaths are unintentional. The San Diego Prescription Drug Abuse Task Force (PDATF) is a Countywide initiative comprised of

key stakeholders, community members, and local experts working together to decrease the harms associated with the misuse of prescription drugs in San Diego County. Please visit: <https://www.sandiegorexabusetaforce.org/copy-of-contact>

Saranne Wilson, LMFT

Location:
4700 Spring St., #307
La Mesa, CA 91942
Phone contact: (619) 685-1343



Survivors of Violent Loss Program - www.svlp.org

Survivors of Violent Loss Network is an online website for those who work with and live with the murder of a loved one and other violent deaths. This National resource provides information, resources and opportunities for networking with others. Programs and services exist in different forms in several different states.

The Mission of this site is to provide a lifeline of hope and healing, addressing the issues of traumatic grief for those who live and work to rebuild life after a homicide, suicide, drunk driving, or terrorist fatality.

Phone contact: (619) 685-0005

Email: svlp.org2020@gmail.com

Direct Contact: Tammy Carter (619) 396-0367 ; tammycartermft@gmail.com



Therapy Changes

www.TherapyChanges.com (Private pay and insurance)

At Therapy Changes, we provide therapy for every stage of life including premarital and divorce counseling, relationship therapy, parenting challenges, working with blended and non-binary families, grief and trauma therapy, guidance through life transitions including gender identity-related issues. We also have specialized experience with the complex emotions of adolescence and childhood.

It's our mission to help you feel empowered to make positive change in your life, no matter what you're going through. We'll teach you valuable tools, techniques and resources to provide guidance and partner with you in developing realistic goals and create a plan to achieve them. By appointment only.

Location:

2221 Camino del Rio South, Ste 200

San Diego, CA 92108

Phone contact: (619) 275-2286

<https://therapychanges.com/contact/>

VITAS[®]
Healthcare

Vitas Hospice – San Diego Bereavement Department

www.vitas.com/grief

VITAS Healthcare support groups provide information and guidance to those experiencing grief and loss. We offer an assortment of phone-in support groups and Zoom video support groups, free of charge, to help meet the needs of caregivers. These support groups are offered by VITAS Bereavement Services.

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups>

Phone contact: (858) 499-8901



Kaiser Permanente (Bereavement Group Community Resources List)

<http://continuingcare-sandiego.kp.org/PDFs/Bereavement%20Group%20Community%20Resources%202018.pdf>

*This information is compiled from public sources or provided by the resources listed.