

**MARIN COUNTY BEHAVIORAL HEALTH AND RECOVERY SERVICES AND
MARIN COUNTY OFFICE OF EDUCATION
GRIEF SUPPORT AND RESOURCES IN MARIN/BAY AREA**

Visit: [BHRS Prevention and Outreach Team](#) or [MCOE School Wellness](#)

The following resources are a brief overview of grief support groups, books and guides, and general information for text lines and warm lines.

Grief Support:

- **By the Bay.** Formerly, Hospice by the Bay, grief counseling and other services are provided for families who have experienced the loss of a loved one. Contact: [415-927-2273](tel:415-927-2273).
- **Compassionate Friends of Marin.** This group provide friendship, understanding, and hope to those going through the natural grieving process.
Contact: nationaloffice@compassionatefriends.org
- **Josie's Place.** Josie's Place offers facilitated peer-support groups to children and teens in the San Francisco Bay Area who are grieving the death of a parent, sibling, close relative or friend. Contact: [415-513-6343](tel:415-513-6343) or email: info@josiesplace.org
- **Pathways.** Pathways serves the San Francisco Bay Area providing grief counseling, support and workshops. Contact: [888-978-1306](tel:888-978-1306).

Books for Teens, Parents and Families:

- **It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand** by Megan Devine | Oct 1, 2017 **Grief Isn't Something to Get Over: Finding a Home for Memories and Emotions After Losing a Loved** One Paperback – May 1, 2022
- **Grieving for the Sibling You Lost: A Teen's Guide to Coping with Grief and Finding Meaning After Loss** (The Instant Help Solutions Series) Paperback – September 1, 2015
- **Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief Paperback** – June 27, 2017
- **Teen Grief Booklet.** Hospice by the Valley. 2012. Address requests for additional copies to: Hospice of the Valley, 1510 E. Flower St., Phoenix, AZ 85014. Phone: 602.530.6900. Visit: hov.org
- **Teen Resources.** Hospice by the Valley.
- **Grief Handbook for Teens.** Hospice of Santa Cruz County.

General Resources:

Crisis Lines

- **National Suicide Prevention Lifeline-** 1-800-273-TALK (1-800-273-8255). Chat: <https://suicidepreventionlifeline.org/chat/>
Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- California Youth Crisis Line- 1-800-843-5200
Operates 24/7. Statewide emergency response system for youth (ages 12-24) and families in crisis.
- Buckelew Suicide Prevention Hotline- 415-499-1100
24/7, free and confidential crisis support for callers having thoughts of suicide, as well as friends and family worried about loved ones.
For grief support call 415-499-1195.
- The Friendship Line- 800-971-0016
Offers confidential telephone support for seniors who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. Also provides support for caregivers of seniors and to individuals with physical and/or emotional disabilities. Offers crisis intervention phone support 24/7.
- Crisis Text Line Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
- The Trevor Project 1-866-488-7386
24 hours a day, 7 days a week. Supports young people in crisis, feeling suicidal or in need of a safe, judgment-free place to talk.
- GLBT National Youth Hotline 1-800-246-7743 Free and confidential peer support to the LGBTQ and questioning community ages 25 and younger. M - F 1pm - 9pm, Saturday 9am - 2pm (PST).
- Trans Lifeline- 877-565-8860
Peer support service run by trans people, for trans and questioning callers. Operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call us. We will do our best to support you and provide you resources.

Parenting Support Line

- T.A.L.K Line- (415) 441- KIDS (441- 5437). For support, information, service referrals, or just to connect with someone who will listen. The TALK Line is a program of Safe & Sound and offers compassionate support over the phone to parents and caregivers of children under the age of 18 in the Bay Area. The TALK Line operates round-the-clock and is staffed by trained volunteers who provide support through the numerous challenges found in life and parenting.
- **HELP ME GROW MARIN: Connecting your child to a community of care.** We are ready to take your calls and referrals, and we look forward to working with you. (As a reminder, we have a bilingual staff member who can provide information or make referrals in Spanish.)
Call us! 415-720-1283 Email us! Info@HelpMeGrowMarin.org Follow us on Facebook! Click [HERE](#). For more information, visit our website at: www.HelpMeGrowMarin.org.