

## Nebraska Suicide / Grief Support Groups

Group Name	Contact Person	Meeting Place	Time	Other Helpful Information
Parents of Suicide Together (P.O.S.T.)	Karen McElroy (402) 556-7307 ParentsofSuicidesTogether@yahoo.com	St. Andrew's Episcopal Church 84 <sup>th</sup> & Pacific Omaha, NE	2 <sup>nd</sup> Tuesday of each month at 7:00pm	Peer Facilitated No Fee
Siblings of Suicide Loss	Declan McElroy (402) 739-9899 declanomaha@yahoo.com	St. Andrew's Episcopal Church 84 <sup>th</sup> & Pacific Omaha, NE	2 <sup>nd</sup> Tuesday of each month at 7:00pm	Peer Facilitated No Fee
Friends of Suicide Loss	Julie Junker (402) 819-9059 vernjulie@cox.net	Christ Community Church 404 S 108 <sup>th</sup> Ave; Room 226 Omaha, NE	Last Thursday or every month 6:30-8:00pm	Peer Facilitated No Fee
Friends of Suicide Loss for Teens, College, and Young Adults	Cindy Thomas (402) 951-3118 cinthomas@outlook.com	Christ Community Church 404 S. 108 <sup>th</sup> Ave; Room 226 Omaha, NE	Last Thursday of every month 6:30 – 8:00pm	Peer Facilitated No Fee
Understanding Hearts	Sandy Olson (402) 727-4874	Fremont Area Medical Center Dunklau Room Fremont, NE	3 <sup>rd</sup> Tuesday of each month 5:30-7:30pm	Peer Facilitated No Fee For all suicide survivors
Ray of Hope	Katrena (402) 304-8985 Mary (402) 483-2099	40 <sup>th</sup> & C Streets Lincoln, NE	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays of each Month at 7:00pm Use East Entrance Lower Level	Peer Facilitated No Fee For all adult suicide survivors
S.O.S. (Survivors)	Robin Swearingen	First United Methodist Church 602 Main Street Columbus, NE	1 <sup>st</sup> Tuesday of each month at 7:00pm	Peer Facilitated No Fee For all adult suicide survivors.
S.O.S. (Survivors of Suicide)	Sandra (308) 708-1307 Carol (308) 237-2635 afsp. Kearney@yahoo.com	1616 W 39 <sup>th</sup> Street Kearney, NE	2 <sup>nd</sup> Monday of every month 6:55pm – 8:30pm	Peer Facilitated Donations accepted, but not required. For all adult suicide survivors.
S.O.S. (Survivors of Suicide)	Donna Wolff (402) 841-3834 Donna68701@yahoo.com	First Baptist Church 404 W Benjamin Ave Norfolk, NE	2 <sup>nd</sup> Tuesday of each month at 7:00pm	Peer Facilitated No Fee For all suicide survivors, 18 and older

Grief's Journey (Previously Ted E. Bear Hollow)	<a href="http://www.griefsjourney.org">www.griefsjourney.org</a>	7811 Farnam Drive Omaha, NE		Programs for grieving children ages 3-18 and their adult caregivers
The Centering Corporation	<a href="http://www.centering.org">www.centering.org</a>	7230 Maple Street Omaha, NE		Over 700 resources for grief and loss (books, cd's, dvd's, etc.). The Centering Corporation is the official bookstore for The Compassionate Friends.
The Compassionate Friends	(402) 571-4011 <a href="mailto:mail@tcfomaha.org">mail@tcfomaha.org</a> <a href="http://www.tcfomaha.org">www.tcfomaha.org</a>	900 N 90 <sup>th</sup> Street Omaha, NE	1 <sup>st</sup> Tuesday of each month at 7:00pm	For the loss of a child due to any cause
Healing Hearts Kits	(402) 444-4800 <a href="http://Omahapubliclibrary.org">Omahapubliclibrary.org</a>			For kids
Mourning Hope Grief Center	(402) 488-8989 <a href="http://mourninghope.org">mourninghope.org</a>	4919 Baldwin Ave Lincoln, NE 68504	2 <sup>nd</sup> Monday of every month 6:30-8:00pm	A peer-support group for those grieving the suicide death of someone significant. Adults, teens and children (ages kindergarten and up) are welcome. You may register as an individual or as a family.

National Suicide Prevention Lifeline (800) 273 – TALK (8255)

<https://suicidepreventionlifeline.org/>

The Nebraska Rural Response Hotline (800) 464-0258

<https://imneb.org/imn-programs/farming/rural-response-hotline/>

The Nebraska Family Helpline (888) 866-8660

[http://dhhs.ne.gov/behavioral\\_health/Pages/nebraskafamilyhelpline\\_index.aspx](http://dhhs.ne.gov/behavioral_health/Pages/nebraskafamilyhelpline_index.aspx)