



You are not alone; there is hope.



Immediate help is here

Call, text or chat 988 for free confidential support 24/7/365

There's no right way to grieve. Everyone experiences loss differently. You may feel sadness, anger, guilt, shock, confusion and disbelief. Let yourself feel, speak when ready and connect with those that care and understand.

Taking care of you

Connect with others

Grief is easier with support from others.

Be kind to yourself

Growth and healing takes time.

Express Emotions

It's appropriate and okay to feel deeply.

Healing is possible

Join support groups

Shared stories help you feel less alone.

Build self awareness

Uncover your personal growth and resilience you've built.

Foster hope

You can survive this pain. With self-compassion, brighter moments will arise.



Utah State Board of Education

SAFE



SUICIDE
& CRISIS
LIFELINE

Helping Someone Grieve

Encourage professional help

Therapy (with proper parental consent for minors) offers safe, guided support.

Be empathetic and patient

Listen without judgment. Let them share memories. Don't rush the grieving process.

Offer love without pressure

Be gently present, not pushy. Respect their pace and let them choose when and how to open up.



Grief Support Resources

The Sharing Place

The Sharing Place provides grief support to children 3-18 and their parents.

thesharingplace.org

Caring Connections

8-week grief groups for suicide, overdose or sudden loss.

801-585-9522

LOSS (Loved Ones Suicide Survivors)

Free peer-led support groups.

loss.care

SafeUT

24/7 confidential support from licensed counselors for any size crisis or concern for free. Visit SafeUT.org to chat, submit a tip or download the app.

LiveonUtah

Promoting suicide prevention, hope, and healing across Utah.

liveonutah.org

AFSP (American Foundation for Suicide Prevention Healing Conversations)

One-time peer support (phone, virtual, in person).

afsp.org/ive-lost-someone