



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

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.**

Contact information:

Phone contact: (844) 554-3354

Email: contact@overdoselifeline.org

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



Grief Recovery After a Substance Passing

GRASP (Grief Recovery After Substance Passing)

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.

Contact information:

Phone contact: (302) 492-7717

Email: administrator@grasphelp.org

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

San Diego 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 information:

Phone contact: (619) 793-8958

Email: shawnmnorton@yahoo.com

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



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.

Grieving Mothers' Support Group (Loss of a child; Christian-based) <https://www.umbrellaministries.com/>

San Diego Chapter: (Meetings vary)

Phone Contact: Linda Stirling (619) 871-2870

Email: help@umbrellaministriessd.com



AL-ANON / ALATEEN San Diego

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.

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.

Contact Information:

Phone Contact: (619) 296-2666 - Available 24 hours per day.

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



The Elizabeth Hospice

Children & Adults Grief Counseling Services and Support – San Diego County & Southwest Riverside County: 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.

Contact Information:

Main contact: (833) 349-2054 (toll free)

Email: info@ehospice.org

Children's Grief Support Group Contact Info:

Phone contact: (760) 796-3701- Samira Moosavi

Email: samira.moosavi@ehospice.org

Website: <https://elizabethhospice.org/grief-support/children/>



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

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.

Contact Information:

Phone contact: (858) 694-2895

5570 Overland Avenue, Suite 101, San Diego, CA 92123-1206

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



**The
Compassionate
Friends**
Supporting Family After a Child Dies

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.

Contact Information:

Phone Contact: (877) 969-0010

Website: www.compassionatefriends.org

Compassionate Friends - San Diego County Chapter 1027

Phone contact: (619) 583-1555

Legacy Church: 8076 La Mesa Blvd, La Mesa, CA 91941

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

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/>



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.

Contact Information:

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

Community Services Building: 8788 Balboa Ave., San Diego, CA 92123

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

*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



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.

Contact Information:

Phone contact: (619) 440-4211

Email: info@familyfocuscounseling.org

Location: 500 Fesler St., Ste 208, El Cajon, CA 92020

Family Focus Christian Counseling- www.familyfocuscounseling.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.

Contact Information:

Phone contact: (619) 670-1184

Location: 2527 Doubletree Rd. Spring Valley, CA 91978

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



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.

Contact Information:

Lydia Lombardi, MSW, LCSW

Phone contact: (760) 576-5822

Location: 2103 South El Camino Real, Suite 101A, Oceanside, CA 92054

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



San Diego Rx Abuse Task Force

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.

Contact Information:

Saranne Wilson, LMFT

Phone contact: (619) 685-1343

Location: 4700 Spring St., #307, La Mesa, CA 91942

Website: <https://www.sandiegorxabusetaforce.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.

Contact Information:

Phone contact: (619) 685-0005

Email: svlp.org2020@gmail.com

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

Website: www.svlp.org



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.

Contact Information:

Phone contact: (619) 275-2286

Location: 2221 Camino del Rio South, Ste 200, San Diego, CA 92108

Website: www.TherapyChanges.com (Private pay and insurance)



Vitas Hospice – San Diego Bereavement Department

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>

Contact Information:

Phone contact: (858) 499-8901

www.vitas.com/grief



Kaiser Permanente (Bereavement Group Community Resources List)

Contact Information:

Website: <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.