

## Grief & Loss

Coping with the loss of someone or something you love is one of life's biggest challenges. Covid has brought some unique challenges to grief and loss. Although grief can be very painful, most people find that with the support of family and friends and their own resources, they gradually find ways to live with the loss, and may not need to seek professional help. But grief support and education can ease things a bit. Understanding the grief process and hopefully finding some support, supportive people can help in coping and moving through grief.

## Madison County Grief Education & Support Resources

### Heartlinks Grief Center

Heartlinks Grief Center is a full service grief program providing individual and family counseling, group support and community education programs to all regardless of their ability to pay. Heartlinks serves all ages with age or loss-based support programs in the community and in schools. Services are currently virtual but some will meet in-person, outdoors when the weather warms up. Call (618) 277-1800 to get started or go to:

[https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.myheartlinks.com&c=E,1,qEbydgCsxKXR4tvgtFawTZgV4bnXR-iR5\\_nAWzBmt\\_UDnhbD3YYbHbstGsPzViOvX1QhYjQMvzDgXt2Tvq\\_rlhY1TmJ8q69tRNWFzNCpBMZM&typo=1](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.myheartlinks.com&c=E,1,qEbydgCsxKXR4tvgtFawTZgV4bnXR-iR5_nAWzBmt_UDnhbD3YYbHbstGsPzViOvX1QhYjQMvzDgXt2Tvq_rlhY1TmJ8q69tRNWFzNCpBMZM&typo=1)

Heartlinks Grief Center at Family Hospice on Facebook or FWGI (Friends Who Get It) on Instagram.

### Madison County Support Groups

Metro Community Church	3551 Ridgeview Road	Edwardsville	692-9863	Mondays January 18, 2021-April 12, 2021 6:30 p.m.
Good Shepherd of Lutheran Church	1300 Beltline Road	Collinsville	344-3151	Tuesdays January 12, 2021-April 6, 2021 2:00 p.m.
Calvary Baptist Church-Calvary Cares	1426 Washington Ave	Alton	465-4357	Sundays January 31, 2021-May 2, 2021 2:00 p.m.

## Resources to Seek Further Help

Sometimes the circumstances of the death are very distressing, such as a traumatic or sudden death that may make the grief chronic or prolonged. You might suggest your friend, relative or colleague seek professional help, if over time, they seem to be finding it difficult to manage their day to day life.

**Centerstone of Illinois**-Centerstone can link Madison County employees to appropriate therapists to deal with their grief issues one on one through counseling and therapy. Centerstone will prioritize County employees for assessment and appointments. The best way to do that is to call the main intake number **1-855-608-3560** and identify yourself as a County Employee. Centerstone accepts Madison County United Healthcare Insurance. Centerstone can also offer free services if someone is a veteran, or family of a veteran – up to five sessions and then get re-authorized for more.

**Chestnut Health Systems**-If feelings of grief and sadness are affecting your personal life and your work, there is help available at Chestnut Health Systems. Please call Chestnut's Immediate Access at **618-877-4420** to access our counseling services within 1-3 days. Chestnut's professional staff is ready to listen, and provide support.