

# JUNEAU GRIEF RESOURCES

THIS LIST IS COMPILED BY JUNEAU SUICIDE PREVENTION COALITION AND NAMI JUNEAU. PLEASE REACH OUT IF YOU NEED HELP ACCESSING ANY OF THESE SERVICES OR IF YOU HAVE QUESTIONS.



## SEARHC GRIEF COUNSELING

SEARHC offers ongoing grief counseling through their behavior health services.

Call 907-364-4445

## JSPC GRIEF VOLUNTEERS

Trained grief volunteers are available to speak one-on-one about your unique situation.

Call 907-463-4251



## PRIVATE PRACTICE THERAPISTS

Private practice therapists and counselors are available for short term and long term grief counseling. Visit [juneamentalhealth.org](http://juneamentalhealth.org) to see a list of local providers.

## FREE GRIEF JOURNALS FOR ADULTS AND YOUTH

Free grief journals and books for kids, teens, and adults are available through NAMI Juneau. Free delivery available.

Call 907-463-4251



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