

SUOPT GREIVING RESOURCES WEB PAGE

We are deeply sorry for your loss. Losing a loved one is an unimaginable tragedy, and we want to support you during this difficult time. Grief is a deeply personal journey, and while there is no “getting over” this loss, there are resources and people who can help you move forward with healing and hope.

We have gathered resources to support you in your grieving process and connect you with others who have experienced similar losses. This includes emotional support, connection with advocacy groups (if you wish to turn pain into purpose), and tools to keep your loved ones safe from future tragedies.

Grieving Support

- **GRASP (Grief Recovery After a Substance Passing):** This support group provides connection, local meetings, and online resources to help individuals navigate grief after losing someone to substance use
 - Visit: [GRASP](#)
- **The Partnership to End Addiction:** This organization offers tailored resources to support grieving families, including coping strategies, connections to peer support, and guidance on managing difficult conversations
 - Visit: [Drug-Free](#)
- **JR’s Trauma Cara Initiative – Blue Sage Counseling Group Therapy:** Grief counseling group sessions on every 2nd and 4th Wednesday of the month from 5-6PM. Call 619-330-7569 for more information.

Support for Children and Teens

- **Talking to Kids About Overdose:** This guide helps families discuss overdose and substance use with children in an age-appropriate way. It also offers tips for managing grief and fostering resilience in young ones.
 - Visit: [Talking to kids about an overdose death](#)

Naloxone

- **Naloxone Saves Lives:** Having naloxone in your home can save a life in the event of an overdose. Naloxone reverses the effects of opioids if administered in time. It is available for free or at low cost in many areas. Consider keeping it on hand if you have a loved one at risk.
 - [Learn more about naloxone here](#)
 - [View locations to access naloxone in San Diego County here](#)

Treatment and Support for Loved Ones at Risk

Substance use disorder is a treatable condition, and early intervention can make a significant difference. Even after years of use or relapse, recovery is possible. Below are resources for treatment and harm reduction services:

- **Substance Use Treatment:** Connect with local treatment providers and find programs tailored to your needs.
 - [Find Treatment Resources](#)

Peer and Family Support

- **AL-ANON:** Substance use affects not just the individual but also their families and loved ones. AL-ANON provides support groups and resources to help families navigate their loved one’s substance use while prioritizing their own well-being.
 - Visit: [AL-ANON](#)

