

# GRIEF RESOURCES



The loss of a loved one, a terminal diagnosis, end of a relationship, job loss, loss of independence or protection, and loss of normalcy all contribute to grief. Whatever your grief response may be, it is valid and highly personal to you. Grief can affect academics, mental health, social wellbeing, and overall physical, mental, and emotional wellness. Navigating resources during a time of loss can be difficult. Resources, counseling, and support systems are vital in the healing process.

**Check out the resources below for help.**

## CAMPUS RESOURCES:

### HEALTH SERVICES

#### GROUP COUNSELING

New groups offered every Fall and Spring Semester. No cost to join! Connect over Zoom.

[boisestate.edu/healthservices/counseling/group-counseling](https://boisestate.edu/healthservices/counseling/group-counseling)

#### INDIVIDUAL COUNSELING

Individual counseling sessions at Boise State Counseling Services are solution focused. In-person or over Zoom.

[boisestate.edu/healthservices/counseling/individual-counseling](https://boisestate.edu/healthservices/counseling/individual-counseling)

For billing and insurance information check out: [boisestate.edu/healthservices/billing-insurance](https://boisestate.edu/healthservices/billing-insurance)

#### BRONCOFIT, CAMPUS WELLNESS

Identifies campus resources and provides peer education support.

[wellness@boisestate.edu](mailto:wellness@boisestate.edu) • [boisestate.edu/broncofit](https://boisestate.edu/broncofit)

[healthservices@boisestate.edu](mailto:healthservices@boisestate.edu) • (208) 426-1459 • [boisestate.edu/healthservices](https://boisestate.edu/healthservices)

### OFFICE OF THE DEAN OF STUDENTS

#### COURTESY ABSENCE NOTIFICATION

Informs instructors of student's absence due to extenuating circumstances when a student is not able to do so on their own.

[boisestate.edu/deanofstudents/student-support/additional-services/san](https://boisestate.edu/deanofstudents/student-support/additional-services/san)

#### SUPPORT FOR STUDENTS

Case management support to assist during hardships. This includes problem-solving solutions, referrals to resources, and assistance with academic impacts. | [boisestate.edu/deanofstudents/student-support/](https://boisestate.edu/deanofstudents/student-support/)

[deanofstudents@boisestate.edu](mailto:deanofstudents@boisestate.edu) • (208) 426-1527 • [boisestate.edu/deanofstudents](https://boisestate.edu/deanofstudents)

### CARE REPORT

Campus Assessment Resource and Education allows those concerned about a friend or student to submit an anonymous report to provide assistance. Submit an alert to notify the university of concerns for a friend or student's wellbeing to help them get connected to support. | [boisestate.edu/care](https://boisestate.edu/care)

### GENDER EQUITY CENTER

Offers support to those with identity-related and sexual harassment, life transitions and crisis, and personal, financial, or academic roadblocks.

[genderequity@boisestate.edu](mailto:genderequity@boisestate.edu) • (208) 426-4259  
[boisestate.edu/genderequity](https://boisestate.edu/genderequity)

### STUDENT DIVERSITY AND EQUITY CENTER

Offers support to marginalized and oppressed groups while promoting education and environments where everyone is treated with respect and dignity.

[studentequity@boisestate.edu](mailto:studentequity@boisestate.edu) • (208) 426-5950  
[boisestate.edu/student-equity](https://boisestate.edu/student-equity)

## ONLINE RESOURCES:

### COMPASSIONATE FRIENDS

Support for 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.

[compassionatefriends.org](http://compassionatefriends.org)

[compassionatefriends.org/chapter/greater-boise-area-chapter](http://compassionatefriends.org/chapter/greater-boise-area-chapter)

### GRIEFNET

Offers email support groups to everyone (adults, kids, families, etc).

[griefnet.org](http://griefnet.org)

### ADAMHS Board-Video Doctor

[helpthatworks.us/the-adamhs-board-video-series](http://helpthatworks.us/the-adamhs-board-video-series)

### HEALGRIEF

Virtual support and education.

[healgrief.org](http://healgrief.org)

### AYANA THERAPY

Offers therapy to minority groups.

[ayanatherapy.com](http://ayanatherapy.com)

### BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)

[beam.community/bvtn](http://beam.community/bvtn)

### INSTITUTE FOR MUSLIM MENTAL HEALTH

[muslimmentalhealth.com](http://muslimmentalhealth.com)

### LATINX THERAPY

[latinxtherapy.com/](http://latinxtherapy.com/)

Approximately **one-third** of college students are experiencing grief related to losing an older relative or close friend.

## SUPPORT GROUPS:

### GRIEF RECOVERY SUPPORT GROUP | Cloverdale Funeral Home

1200 N. Cloverdale Rd., Boise ID

(208) 375-2212

[cloverdalefuneralhome.com/grief-and-healing/group-grief-support](http://cloverdalefuneralhome.com/grief-and-healing/group-grief-support)

### GRIEF & LOSS SUPPORT GROUP | Treasure Wellness

1655 W. Fairview Ave., Suite 115, Boise ID

(208) 515-7661 • [treasurewellness.net](http://treasurewellness.net)

### SUICIDE LOSS SUPPORT GROUP | Cloverdale Funeral Home

1200 N. Cloverdale Rd., Boise ID

(208) 375-2212

[cloverdalefuneralhome.com/grief-and-healing/group-grief-support](http://cloverdalefuneralhome.com/grief-and-healing/group-grief-support)

### FAMILY SUPPORT GROUP | El-Ada Program Building

2250 S. Vista Ave., Boise ID

(208) 376-4304 • [manager@namiboise.org](mailto:manager@namiboise.org)

[jeffersonstreetcounseling.com/2016/10/nami-family-support-group](http://jeffersonstreetcounseling.com/2016/10/nami-family-support-group)

## CALL / TEXT LINES:

### FOCUS ON THE FAMILY

COUNSELING LINE

1-855-771-HELP (4357)

### CRISIS TEXT LINE

[crisistextline.org/tag/grief](http://crisistextline.org/tag/grief)

Text HOME to 741741

### SAMARITANS CRISIS HOTLINE

Crisis prevention and there to just talk

(212) 673-3000

### CRISIS HOTLINE IDAHO

(208) 788-3596

(208) 578-4114 (bilingual)

[thecrisishotline.org/](http://thecrisishotline.org/)

## OFF CAMPUS RESOURCES:

### TREASURE WELLNESS

Provides therapy for individuals, couples, families, and groups in Boise, Nampa, and Meridian.

1020 W. Franklin St., Boise ID

[treasurewellness.net](http://treasurewellness.net) • (208) 515-7661

### LIVING HOPE CLINIC

A Christian clinic that provides tele-therapy, phone counseling, psychological testing, cognitive behavior therapy, and hypnotherapy to individuals, families, and couples.

3308 N. Cole Rd., Suite A, Boise ID

[livinghopeclinic.org](http://livinghopeclinic.org) • (208) 378-1122

### CATHOLIC CHARITIES OF IDAHO

A Christian clinic that provides in person and virtual (through Zoom) counseling.

7255 W. Franklin Rd., Boise ID

[ccidaho.org](http://ccidaho.org) • (208) 345-6031

### LDS FAMILY SERVICES

Counseling services for families and individuals affiliated with the Church of Jesus Christ of Latter-Day Saints.

10740 W. Fairview Ave., Suite 100, Boise ID

[providentliving.org](http://providentliving.org) • (208) 376-0191