

Support Groups

1. Loss to Suicide Group

- Every Tuesday evening
- The Christi Center in Austin
- 2306 Hancock Drive, Austin, TX 78756
- Please call us at 512-467-2600 for more information.

2. Loss to Suicide Group in Georgetown

- Every 3rd Thursday from 6:30-8:30pm
- Georgetown Health Foundation
- 805 W University Ave # A, Georgetown, TX 78626
- Please call 512-467-2600
- Before coming to your first group for information.
- Participants benefit from the support of individuals who are also facing traumatic loss. A safe space to express yourself and provide coping strategies to help manage the particularly complex emotions associated with loss to suicide.

3. Austin Survivors of Suicide

- 1st and 3rd Tuesday Of Each Month- 6:30-8:00 PM
- St. David's North Austin Medical Center
- 12221 Mopac Expway North Austin, TX 78758
- Enter at any entrance and go to the 2nd floor 2-C is located just behind the chapel.

4. Hospice Brazos Valley (General grief support groups)

- 1048 N. Jefferson, La Grange
- www.hospicebrazosvalley.org
- 979-968-6913

5. American Cancer Society (General grief support group)

- Calvary Baptist Church: 3001 Loop 150 E, Bastrop
- 512-321-3818

6. American Cancer Society (General grief support group)

- Marble Falls Public Library: 101 Main St, Marble Falls
- 512-756-8003

7. GriefShare Marble Falls

- First Baptist Church: 501 12th St, Marble Falls
- 830-693-4381
- Provides a structured, closed group for a thirteen-week session.

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Smartphone Apps

These apps are all free-of-charge

- **ASK: Ask and Prevent Suicide**
 - Developed by Mental Health America of Texas, this App outlines information such as Warning Signs and advice for how to proceed in a crisis, as well as links to suicide prevention hotlines, for individuals and family/friends of people at risk of suicide.
 - **For more information or to download the App use the link below (for Apple products only)**
 - <https://itunes.apple.com/us/app/ask-prevent-suicide/id419595716?mt=8>
- **My3**
 - This App allows users to plan ahead by listing 3 personal contacts who can be called in times of crisis, and creating their own safety plan where they can detail their own warning signs, coping strategies, and ideas to keep themselves safe. Also provides easy link to National Suicide Prevention Lifeline phone number.
 - **For more information or to download the App use the link below (for both Apple and Android)**
 - <http://my3app.org/>
- **ReachZ**
 - Another App that integrates safety plans with warning signs and easy links to find appropriate crisis resources.
 - **For more information or to download the App the link below (for Android products only)**
 - <https://play.google.com/store/apps/details?id=com.zenithech.reachzcompany>
- **Operation Reach Out**
 - Literally a lifesaving app, this free intervention tool helps people who are having suicidal thoughts to reassess their thinking and get help. Created by the military but useful for all.
 - **For more information or to download the App click the link below (for both Apple and Android)**
 - <http://militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out/>