



**Begin a new chapter.**

The Next Chapter is a social and educational program that helps widows and widowers adjust to the loss of their loved one.

Call 435-277-2420  
or email [sarah.obray@tooelehealth.org](mailto:sarah.obray@tooelehealth.org).

Tooele County Aging Services works to enhance the health and well-being of older adults in Tooele County.

**Contact Us At:**

 Tooele County Health Department  
Aging Services  
151 N Main St, Tooele, UT 84074

 435-277-2420

 [tooelehealth.org/aging-services/](http://tooelehealth.org/aging-services/)

**My Questions/Notes:**

- Is it normal to feel a range of emotions during grief?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Tooele County Aging Services presents:**

# The Next Chapter



# Grief Support & Mental Health

# Resources

The Next Chapter is a program designed to provide social support and education for widows and widowers navigating the challenges of losing a spouse. Tooele County Aging Services aims to foster a sense of community and belonging for those who are grieving. Join fellow individuals facing similar experiences each month as you embark on a new chapter in your life story.

For additional information, please contact 435-277-2420.

"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever."

-Winnie the Pooh

## Dial 9-1-1

If you feel immediate danger, contact law enforcement now!

## Dial 9-8-8

Suicide and Crisis Lifeline

## Mobile Crisis Outreach Team (MCOT)

435-843-3520 or 9-1-1

## Tooele County Law Enforcement

435-882-5600

## SafeUT

1-833-372-3388 OR dial 988

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

## Live On

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



## Virtual Community

[www.widowedvillage.org](http://www.widowedvillage.org)

## Valley Behavioral Health

435-843-3520

## Life's Worth Living Foundation

435-248-LIVE (5483)

## SAGE

Advocacy and Services for LGBTQ+ Elders  
[sageusa.org](http://sageusa.org)

## Caring Connections

<http://nursing.utah.edu/caring-connections>

<https://www.facebook.com/GriefProgram>

801-585-9522

## Stansbury High School

435-833-8788 ext. 1700 Mitzi Quarez

## Tooele Valley Grief Support Group

903-238-6732 Kristy Johnson

## National Alliance on Mental Illness (NAMI)

801-323-9900

## Mental Health Provider List

[tooelehealth.org/aging-services/](http://tooelehealth.org/aging-services/)

## Tooele County Aging Services

435-277-2420