

WMMS Grief Resources - Links & Other Supports:

[Crisis Hotline]: *Call 988* to speak with a trained counselor who is available 24/7 to provide support and guidance.

[Online Chat Support]: Visit <https://988lifeline.org/chat/> or *text 988* to access a live chat support service where you can communicate with caring professionals in real-time.

[Local Mental Health Services]: Refer to our list of local mental health services and professional resources available at [[W Mental Health and Crisis Resource List 080123 Updated.docx](#)], which can guide you to find assistance specific to our area.

Coloring Through Grief - free grief coloring printables:

<https://www.artisurn.com/pages/coloring-through-grief-free-coloring-ebook>

If you would like any of these printables and do not have access to a printer, please let us know and we will be happy to print them for you.