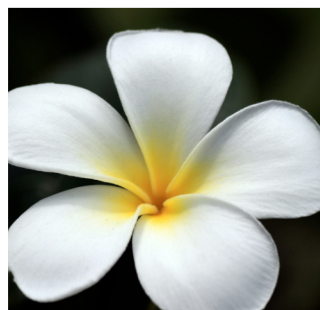


# CHIPPEWA COUNTY

# Grief Support

# Guide

Resources to help you navigate this  
challenging time





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# PURPOSE

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Chippewa County extends our deepest sympathies for your loss. Facing the death of a loved one can leave you feeling overwhelmed, emotionally stressed, or unsure of how to move forward.

This guide is a resource to help you navigate the days, weeks, and months following the death of a loved one. It provides immediate next steps, including funeral planning resources and options, as well as information about support groups and other community resources you may wish to access in the months to come.

Please reach out to the developers of this guide for further assistance. Contact the crisis and support lines 211 or 988 for immediate support or consult with a lawyer.

Grief is a journey that one works through, not an event. It is an experience of physiologic, psychologic, behavioral, social, and spiritual reactions to the loss of a child or loved one (Hockenberry & Wilson, 2013). Grief is individual, including a broad range of emotions that differ from person to person and the key is to figure out what works for the individual.

Grief is not orderly or predictable. Accepting these emotions is a part of the grieving process is necessary for healing to occur. Everyone proceeds through the healing process at a different pace. You and your loved ones may deal with grief differently.

***“Grief is a journey that one works through, not an event.”***

# FIVE STAGES OF GRIEF

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You may have heard about the stages of grief, introduced by psychiatrist Elisabeth Kubler-Ross.

These stages are not orderly. Healing is not a one-way street and some individuals may revisit an earlier stage. It is important to recognize that grieving does not happen overnight or over the course of weeks or months, but it is a process that can take up to a year or more.

## **The 5 Stages of Grief:**

- ***Denial***
- ***Anger***
- ***Bargaining***
- ***Depression***
- ***Acceptance***

Difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after the loss of a loved one it can be especially difficult during events such as family gatherings, holidays, or anniversaries.

## **First and Always**

The trauma of severe loss takes an enormous toll on your body emotionally, mentally, and physically. It is important to try to take care of yourself. You might be tempted to push through the logistics of the funeral and getting your loved one's affairs in order, but remember to allow yourself time to grieve. Your wellness should be a top concern in this process.



# WHAT TO DO IN THE FIRST FEW DAYS

*Lean on family, friends, or places of worship for support and assistance.*

## Items to Prepare

- Get at least 10 copies of the death certificate
  - File with county officials
  - Contact financial institutions and insurers
  - Cancel or transfer accounts, memberships, or subscriptions
- Locate the Will or Trust (these may not exist)
  - If unable to locate a Will or Trust contact the Register In Probate
- Identify beneficiaries

## Arrangements to Make

- Make funeral arrangements or arrangements for the body
- Make arrangements for children and pets
- Secure assets and carry out other related tasks
- Carry out decedent's wishes
- Apply for survivor's benefits
- Pay final bills and guard against financial fraud

## Notify Necessary Parties

- Social Security Administration
- VA if they were a veteran
- Employer
- Post office
- Insurance companies
- Credit card companies
- Utility companies
- Creditors/banks

*"Have a friend or family member along when making decisions. At a time when we are least capable of making important decisions, we are expected to. They can ask the questions, take notes, make calls...This is really important."*

*Laurie Royce,  
Member of the Mental Health Action Team*

## We remember them

*At the rising of the sun and its going down,  
we remember them.*

*At the blowing of the wind and in the chill of winter,  
we remember them.*

*At the opening of the buds and in the rebirth of spring,  
we remember them.*

*At the blueness of the skies and in the warmth of summer,  
we remember them.*

*At the rustling of the leaves and in the beauty of autumn,  
we remember them.*

*At the beginning of the year and when it ends,  
we remember them.*

*As long as we live, they too will live;  
for they are now a part of us, as we remember them.*

*When we are weary and in need of strength,  
we remember them.*

*When we are lost and sick at heart,  
we remember them.*

*When we have joy we crave to share,  
we remember them.*

*When we have decisions that are difficult to make,  
we remember them*

*When we have achievements that are based on theirs,  
we remember them.*

*As long as we live, they, too, will live; for they are now a part of us,  
as we remember them.*

*Unknown*

## LEGAL DOCUMENTS & RECORDS

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Next of kin may be eligible for survivor benefits. The following documents are needed to apply. Even if you cannot locate all these documents, you are encouraged to begin the application process. The Social Security Administration can assist you in obtaining them.

- Proof of death (from the funeral home or death certificate)
- Social security numbers for you and the deceased
- Your birth certificate
- Marriage certificate if you are a widow or widower
- Divorce papers (if you are applying as a divorced widow or widower)
- Dependent children's birth certificates and social security numbers
- Your bank name and account numbers so that your benefits can be direct deposited
- Deceased's W-2 form or self-employment tax return from the most recent year
- Will or Trust
- Insurance policies (life, homeowners, health, disability, auto, etc.)
- Most recent credit card statements
- Investment account information (IRA, 401(k) plans, mutual funds, pensions, etc.)
- Most recent checking and savings account statements (including CDs and money-market accounts)
- Most recent mortgage statement
- Previous two years' tax returns
- Current credit report of deceased



The following pages contain resources available to assist you in obtaining these items.

**Social Security Administration**

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

**Social Security Office**

4120 Oakwood Hills Pkwy.

Eau Claire, WI 54701

1-866-815-2924

**Police Report**

You may be able to obtain a copy of any police reports associated with the death of your loved one. Contact your local department.

- Bloomer Police Department – (715) 568-5924
- Cadott Police Department – (715) 289-4238
- Chippewa County Sheriff's Office – (715) 726-7701
- Chippewa Falls Police Department – (715) 723-4424
- Cornell Police Department – (715) 239-3707
- Lake Hallie Police Department - (715) 726-2666
- Stanley Police Department – (715) 644-5975

**Medical Records**

Depending on your relationship to the deceased, you may be able to obtain medical records from the hospital or clinic where your loved one was treated.

Aspirus Health

1-800-847-4707

<https://www.aspirus.org/medical-records>

Mayo Clinic Health System

(715) 838-3311

Marshfield Clinic Health System

1-800-782-8581 ext. 93676

Option 2

**Crime Victim Information**

If your loved one was murdered or killed by a reckless hit-and-run driver you may be eligible for financial assistance from the Crime Victim Compensation fund for medical, funeral, or counseling costs.

Chippewa County -  
Victim Witness Services

(715) 726-7733

Department of Corrections

Madison area: 608-264-9497

Toll-free: 1-800-446-6564

[www.doj.state.wi.us](http://www.doj.state.wi.us)

## **Veterans Administration (VA)**

The decedent may be eligible for a government headstone, marker, burial flag, or Presidential Memorial Certificate at no cost.

Chippewa County Veterans Services - Chippewa County Courthouse

711 N. Bridge St. Room 113

[www.cem.va.gov](http://www.cem.va.gov)

Chippewa Falls, WI 54729

[www.va.gov](http://www.va.gov)

(715) 726-7990

Benefits: 1-800-827-1000

## **Death Certificates**

Contact your selected funeral home or the Chippewa County Register of Deeds.

Register of Deeds - Chippewa County Courthouse

711 N. Bridge St. Room 111

Chippewa Falls, WI 54729

(715) 726-7994

Fax: (715) 726-4582

## **Autopsy Report**

The coroner investigates and verifies all deaths that occur in Chippewa County. To request an autopsy, contact the coroner within 24 hours of death. They will be able to answer your questions and concerns. The family is responsible for any associated costs. You may obtain a copy of the report by contacting the Chippewa County Coroner's Office.

Office: (715) 667-3270

Cell: (715) 828-3082

Fax: (715) 667-3270

## **Register in Probate**

Coordinates judicial duties and administrative functions of the Probate Court. The position is multi-functional, assists in the probate of all estate proceedings, and administers all informal proceedings, testate, and intestate. Can advise on legal preparation of any documents but may not give legal advice. Seek legal advice to help navigate through some of the more complicated matters.

Register in Probate - Chippewa County Courthouse

711 N. Bridge St. Room 203

Chippewa Falls, WI 54729

(715) 726-7737

Fax: (715) 738-2626

[www.chippewacountywi.gov/government/register-in-probate](http://www.chippewacountywi.gov/government/register-in-probate)

# BIOHAZARD CLEANUP

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## **Archangels BioRecovery Inc. Tragedy Sanitation Specialists**

24-hour dispatch line: 1-877-409-9111

[www.archangels.pro](http://www.archangels.pro)

## **Aftermath - Specialists in Crime Scene & Tragedy Cleanup**

24-hour dispatch line: 1-866-646-4573

[www.aftermath.com](http://www.aftermath.com)

## **Bio-Tec**

24-hour dispatch line: 1-888-246-9111

## **biotrauma**

24-hour dispatch line: 1-866-435-7704

[www.biotrauma.com/services](http://www.biotrauma.com/services)

## **BioWisconsin**

1-262-732-5099

[www.biowisconsin.com](http://www.biowisconsin.com)

## **Chem Master:**

24-hour dispatch line: (715) 462-2052

[www.chemmasterrestoration.com/biohazard-cleanup](http://www.chemmasterrestoration.com/biohazard-cleanup)

## **CSCU-Wisconsin Professional Crime Scene Cleanup in Wisconsin**

24-hour dispatch line: 1-800-991-3645

[www.crimeclean-up.com/locations/wisconsin](http://www.crimeclean-up.com/locations/wisconsin)

## **SERVPRO**

1-906-702-3478

[www.servpro.com](http://www.servpro.com)

## **Xtremebioclean**

[www.xtremebioclean.com/contact](http://www.xtremebioclean.com/contact)



# FUNERAL PLANNING

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"Every family is different, and not everyone wants the same type of funeral. Funeral practices are influenced by religious and cultural traditions, costs, and personal preferences. These factors help determine whether the funeral will be elaborate or simple, public or private, religious or secular, and where it will be held. They also influence whether the body will be present at the funeral, if there will be a viewing or visitation, and if so, whether the casket will be open or closed, and whether the remains will be buried or cremated." [www.consumer.ftc.gov](http://www.consumer.ftc.gov)

## Typical items you should be prepared to discuss:

- Vital statistics information is required when a death occurs
- Casket burial or cremation
- Cemetery information, if applicable
- Type and location of service, if applicable
- Funeral merchandise
  - Caskets
  - Vaults
  - Cremation containers
  - Urns
  - Keepsakes
- Personalization information
  - Flowers
  - Music
  - Tributes and eulogies
  - Pallbearers
  - Clothing
  - Ministers
- Obituary



For additional assistance contact the National Funeral Directors Association Helpline.

1-800-228-6332

[www.nfda.org/contact-us](http://www.nfda.org/contact-us)

*Gone, But Not Forgotten*

*Don't think of them as gone away  
Their journey's just begun,  
Life holds so many facets  
This earth is only one.*

*Just think of them as resting  
From the sorrows and the tears  
In a place of warmth and comfort  
Where there are no days and years.*

*Think how they must be wishing  
That we could know today  
How nothing but our sadness  
Can really pass away.*

*And think of them as living  
In the hearts of those they touched  
For nothing loved is ever lost  
And they were loved so much.*

*Ellen Brenneman*



## **Determine the type of service or funeral desired:**

### **"Traditional" Full-Service Funeral:**

- Viewing or visitation
- Formal funeral service
- Hearse to transport the body to the funeral site and cemetery
- Most expensive option

### **Direct Burial:**

- Buried shortly after death in a simple container
- No viewing or visitation
- No embalming necessary
- Memorial service held at the graveside or later date
- Less cost than a Full-Service Funeral

### **Direct Cremation:**

- Cremated shortly after death without embalming
- Body is exposed to high heat, i.e., cremator, reducing the body to ashes
- Cremated remains are placed in urn or other container
- No viewing or visitation involved
- No casket needed
- Buried or taken to location of choice
- Least expensive option

## **CHIPPEWA COUNTY FUNERAL HOMES**

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### **Pederson-Volker Funeral Chapel & Cremation Services**

44 E. Columbia St.  
Chippewa Falls, WI 54729  
(715) 723-4649  
[www.pedersonvolker.com](http://www.pedersonvolker.com)

### **Horan Funeral Home**

420 Bay St.  
Chippewa Falls, WI 54729  
(715) 723-4404  
[www.horanfuneralhome.com](http://www.horanfuneralhome.com)

### **Thompson Funeral Home**

1806 17th Ave.  
Bloomer, WI 54724  
(715) 568-2310  
[www.thompsonfuneralhome.com](http://www.thompsonfuneralhome.com)

### **Plombon Funeral Home**

502 N. Broadway St.  
Stanley, WI 54768  
(715) 644-5537  
[www.plombonfh.com](http://www.plombonfh.com)

### **Leiser Borton-Leiser Funeral Homes**

#### **Leiser Funeral Home**

511 N. Main St.  
Cadott, WI 54727  
(715) 289-4298

#### **Borton-Leiser Funeral Home**

220 S. 7th St.  
Cornell, WI 54732  
(715) 239-3290

[www.leiserfuneralhome.com](http://www.leiserfuneralhome.com)

# FUNERAL PROCEEDINGS

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Chippewa County has over sixty cemeteries. For a current list, visit [www.wisconsin.hometownlocator.com/features](http://www.wisconsin.hometownlocator.com/features).

## Grave Markers

Grave markers or headstones can be purchased through a cemetery or a private organization. They range in cost widely from a few hundred dollars to many thousands of dollars. Check with your chosen cemetery about any regulations before purchasing a headstone or marker.

## Writing the Obituary

The funeral home of your choice will usually write and submit the obituary to the desired newspaper(s). If you are not working with a funeral home or are choosing to do this yourself you can contact the newspaper directly. An example is included in the Appendix.

### Afterglow

*I'd like the memory of me to be a happy one.  
I'd like to leave an afterglow of smiles when life is done.  
I'd like to leave an echo whispering softly down the ways,  
Of happy times and laughing times and bright and sunny days.  
I'd like the tears of those who grieve, to dry before the sun;  
Of happy memories that I leave when life is done.*

*Helen Lowrie Marshall*

## Newspaper Agencies

### The Chippewa Herald

321 Frenette Dr.  
Chippewa Falls, WI 54729  
(715) 723-5515  
[www.legacy.com/us/obituaries](http://www.legacy.com/us/obituaries)

### Eau Claire Leader Telegram

701 S. Farwell St.  
Eau Claire, WI 54701  
(715) 833-9200  
[www.leadertelegram.com](http://www.leadertelegram.com)

The following is meant to assist you in developing an obituary. Select what you would like to include, the order is up to you. Templates are included in the Appendix.

### **Name/ Announcement**

- Full name (and nicknames) of the deceased
- Age, city of residence, and date of death (month, day, year)
- Place and/or cause of death (consider verbiage such as, passed away unexpectedly, lost their battle with addiction, mental illness, or other condition)
- Date and place of birth
- Names of family and spouses (with the date and place of marriage)
- Education, achievements, employment, hobbies, and activities
- Military service
- Places of residence
- Charitable, religious, fraternal, and political affiliations; positions held
- Attributes, humor, other stories

### **Family**

- Survived by (and place of residence)
- List spouse, children (in order of date of birth, their spouses) parents, siblings (in order of date of birth), friends, pets (if appropriate), etc.
- Predeceased by (and date of death)

### **Service**

- Day, date, time, place
- Name of officiant, pallbearers, honorary pallbearers, other information
- Visitation and/or reception, celebration of life, or other service information if applicable: day, date, time, place
- Name of funeral home in charge of arrangements
- Where to call for more information (even if no service is planned)
- Memorial funds or donation suggestions, including addresses
- Thank you to people, groups, or institutions
- Quotation or poem, three words that sum up their life

<http://www.obituaryguide.com/template.php>

## RESOURCES & HELP

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*Reach out, get support, start healing.*

Loneliness and emptiness, usually sleep disturbance, and lack of motivation to complete activities of daily living (such as bathing, eating, and proper hygiene) may be signs and symptoms of complicated grief.

Complicated grief should be addressed by a trusted primary care provider. Untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and suicide, but treatment may help.

Contact a grief counselor or professional therapist if you:

- Feel like life isn't worth living
- Wish you had died with your loved one
- Blame yourself for the loss or the failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Are unable to perform your normal daily activities



# LOSS FROM SUICIDE

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Complicated grief is more likely if the loss is a death from suicide. Grieving a suicide is different than grieving an illness-related or accidental death. The stigma surrounding suicide makes it a difficult type of loss to heal from and talk about.

The process of grieving a suicide is different for everyone, but some things you can expect are feelings of shock or denial, guilt, anger, shame, disbelief, hopelessness, numbness, abandonment, confusion, or self-blame.

You may ask yourself why your loved one ended their life. You might feel guilty or blame yourself. But remember that we only have limited influence on another's life. Healing after a loss to suicide is not linear. Give yourself time to heal and permission to grieve.

## **American Association of Suicidology**

A group dedicated to the study, understanding, and prevention of suicide. They have many resources for survivors of suicide loss as well as accurate information that can help you understand the causes and prevention of suicide.

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

## **Alliance for Hope or Suicide Loss Survivors**

Providing support to those who have lost a loved one to suicide. Alliance for Hope provides a blog, information, and a support forum.

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

## **American Foundation for Suicide Prevention**

Focused on the research of suicide and its prevention, education about suicide and mental wellness, and support for those grieving or at risk.

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

## **Suicide Prevention Lifeline**

A 24/7 toll-free helpline for anyone in emotional distress.

Call or text 988

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

## Prevent Suicide Wisconsin

Prevent Suicide Wisconsin is an organization that strives to build protective factors to prevent suicide, increase access to care, improve knowledge and its use, and develop best practices. They have lists of Wisconsin coalitions, recourses, facts, information, activism, and support.

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

### *Her Name Sings My Soul*

*The mention of my child's name*

*May bring tears to my eyes,*

*But it never fails to bring*

*Music to my ears.*

*If you are really my friend,*

*Let me hear the beautiful music of her name.*

*It soothes my broken heart*

*And sings to my soul.*

*Unknown*

## CHILD LOSS RESOURCES

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Complicated grief is more likely with the death of a child. Child loss is not like other losses, and grieving is different regardless of the age and cause of death.

### **Camp HOPE**

A weekend camp where children are brought together to work through the grieving process in a fun, yet respectful way.

608-621-0633

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

### **Child Mind Institute**

[www.childmind.org/article/helping-children-deal-grief](http://www.childmind.org/article/helping-children-deal-grief)

### **Children's Grief & Loss Issues**

Books to help children cope with loss.

[www.childrensgrief.net](http://www.childrensgrief.net)



### **Children's Health Alliance of Wisconsin**

Works to provide education and prevention of infant deaths. Individual assessment via phone to individualize grief support for parents, grandparents, and siblings who have experienced infant/fetal death.

(414) 292-4000

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

### **Creative Heartwork**

An organization that combines the grief process and creative expression.

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

### **The Dougy Center – National Center for Grieving Children and Families**

The center provides resources to better understand and support grieving children of all ages.

[www.dougy.org/grief-support-resources/kids](http://www.dougy.org/grief-support-resources/kids)

### **Healing Hearts for Bereaved Parents**

Holding out the light of hope and the hand of friendship to grieving parents and their family.

[www.healingheart.net](http://www.healingheart.net)

### **Miss Foundation**

Provides chats and forums for bereaved parents, siblings, grandparents, and other family members.

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

### **National Alliance for Grieving Children**

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

### **Parents of Murdered Children**

The only national self-help organization dedicated solely to the aftermath and prevention of murder. POMC makes a difference through ongoing emotional support, education, prevention, advocacy, and awareness.

1-800-818-7662

[www.pomc.com](http://www.pomc.com)

### **Share: Pregnancy and Infant Loss Support, Inc.**

National organization with resources, online community, and event organizing for bereaved parents of perinatal or neonatal loss.

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

# ONLINE OR NATIONAL GRIEF RESOURCES

## **American Association of Suicidology**

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

## **American Foundation for Suicide Prevention**

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

## **Broken No More**

Resources and support for those who have lost a loved one to a drug or substance overdose.

[www.broken-no-more.org](http://www.broken-no-more.org)

## **Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov)

## **Center for Loss and Life Transition**

[www.centerforloss.com](http://www.centerforloss.com)

## **Drug Overdose Deaths**

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

## **Friends for Survival**

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

## **GriefShare**

Christian Based resource, but all are welcome. GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

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

## **Healing the Spirit**

Resources for coping with the death of a loved one.

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

## **International Association for Suicide Prevention**

[www.iasp.info](http://www.iasp.info)

### **Mothers Against Drunk Driving (MADD)**

The national office will refer victims of drunk driving crashes to their nearest local chapter. If one is not available, telephone counselors will offer guidance and support.

1-800-GET-MADD (438-6233)

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

### **SAVE (Suicide Awareness Voices of Education)**

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

### **Suicide Prevention Resource Center**

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

### **Tragedy Assistance Program for Survivors**

1-800-959-8277, available 24/7

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

*“There is no foot so small that it cannot leave an imprint on this world.”*

*Unknown*



# THERAPY & COUNSELING RESOURCES

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## 22 A Day Counseling

2211 E. Clairemont Ave. Suite 2  
Eau Claire, WI 54701  
(715) 598-1865

## Aurora Community Services

321 Frenette Dr.  
Chippewa Falls, WI 54729  
1-888-261-5585

## Authentic Mental Health

505 S. Dewey St. #212  
Eau Claire, WI 54701  
(715) 770-9180

## B-Rite Counseling

4330 Golf Terrace Suite 205C  
Eau Claire, WI 54701  
(715) 721-4369

## Caillier Clinic

2620 Stein Blvd.  
Eau Claire, WI 54701  
(715) 836-0064

## Clinic for Christian Counseling

3410 Oakwood Mall Dr. # 700  
Eau Claire, WI 54701  
(715) 832-1678

## Collaborative Counseling

3610 Oakwood Mall Dr. Suite 203  
Eau Claire, WI 54701  
(763) 210-9966

## Creative Healing

1791 County Hwy. OO  
Chippewa Falls, WI 54729  
(715) 797-2770

## Crossroads Counseling Services

224 S. Broadway St.  
Stanley, WI 54768  
(715) 644-4357

## Family Therapy Associates:

### Oakwood Mall Location

3610 Oakwood Mall Dr. #104  
Eau Claire, WI 54701  
(715) 246-4840

### Clairemont Location

1120 Oak Ridge Dr.  
Eau Claire, WI 54701  
(715) 246-4840

## Genuine Way Family Therapy

1813 Brackett Ave. Suite D  
Eau Claire, WI 54701  
(715) 737-9222

## Halcyon Wellness

345 Frenette Dr.  
Chippewa Falls, WI 54729  
(715) 861-7762

## Holistic Path Counseling

1812 Brackett Ave. #6  
Eau Claire, WI 54701  
(715) 201-2381

## Marriage and Family Health Svcs.

2925 Mondovi Rd.  
Eau Claire, WI 54701  
(715) 832-0238

## Mayo Clinic Grief Support Groups

1221 Whipple St.  
Eau Claire, WI 54703  
(715) 464-5086

**Mindful Connections**

1101 W. Clairemont Ave.  
Suite 1A  
Eau Claire, WI 54701  
(715) 214-9286

**Nystrom and Associates**

3703 Oakwood Hills Pkwy.  
Suite 100  
Eau Claire, WI 54701  
(534) 444-4562

**OakLeaf Clinics - The  
Counseling Room**

130 S Barstow St.  
Eau Claire, WI 54701  
(715) 579-4424

**Randall Therapeutic Services**

425 Tainter Ave.  
Rice Lake, WI 54868  
(715) 736-1000

**Supportive Counseling and  
Therapy**

302 Island St.  
Chippewa Falls, WI 54729  
(715) 895-8558

**Thrive Psychological and  
Consulting Services, LLC**

800 Wilson Ave. Suite 330  
Menomonie, WI 54751  
(715) 256-7166

**Vantage Point Clinic**

2005 Highland Ave.  
Eau Claire, WI 54701  
(715) 832-5454

**Winding Rivers Counseling**

1101 W. Clairemont Ave.  
Suite 1E4  
Eau Claire, WI 54701  
(715) 602-4321

## Additional Supports

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**2-1-1 Great Rivers**

Call 211 or 1-800-362-8255  
[www.greatrivers211.org](http://www.greatrivers211.org)

**Family Promise of the  
Chippewa Valley - Beacon House**

309 E. Lake St, Eau Claire, WI 54701  
(715) 834-4357

**Family Support Center (Chippewa)**

(715) 723-1138 or 1-800-400-7020

**Northwest Connections**

(Emergency mental health services)  
1-888-552-6642

**Suicide and Crisis Lifeline**

Call or Text 988

**HopeLine**

(For emotional support)  
Text HOPELINE to 741741

**Marshfield Clinic Behavioral  
Health**

(715) 858-4850

**Mayo Clinic Psychiatry and  
Psychology**

(715) 838-5369



# SUPPORTS FOR VETERANS

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## **Chippewa County Veterans Office**

711 N. Bridge St. Room 113

Chippewa Falls, WI 54729

(715) 726-7990

[www.chippewacountywi.gov/government/veterans](http://www.chippewacountywi.gov/government/veterans)

## **Chippewa Valley VA Clinic**

475 Chippewa Mall Dr.

Chippewa Falls, WI 54729

(715) 720-3780

### **Mental Health Clinic**

(612) 467-4010

## **La Crosse Vet Center - Readjustment Counseling Services**

1-877-WAR-VETS (1-877-927-8387)

## **Military OneSource**

24-hour support

1-800-342-9647

[www.militaryonesource.mil/mental-health](http://www.militaryonesource.mil/mental-health)

## **Veterans Crisis Line**

Call 988, Press 1

Text 838255

## **Wisconsin Dept. of Veterans Affairs**

706 Williamson St.

Madison, WI 53703

1-800-WIS-VETS (1-800-947-8387)

[www.WisVets.com](http://www.WisVets.com)

## **WI Vet Center - Service Member Free Counseling**

20 Copeland Ave.

LaCrosse, WI 54603

1-608-782-4403

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)



### **Northwest Connections - Crisis Services**

1-888-552-6642

Text: HOPE to 741741

### **Veterans Housing and Recovery Program**

2820 E. Park Ave, BLDG 128

Chippewa Falls, WI 54729

(715) 726-2541

### **Trinity Equestrian Center (Equine Assisted Psychotherapy)**

(715) 835-4530

[www.trinity-ec.com](http://www.trinity-ec.com)

Email: [horseshelpvets@trinity-ec.com](mailto:horseshelpvets@trinity-ec.com)

### **Local Hospitals**

Your local hospital may host grief support groups. Contact your local hospital to inquire.

### **Local Religious and Spiritual Organizations**

Many religious or spiritual organizations also offer support groups for grieving families. Inquire at your place of worship for more information.

## **REMEMBRANCE**

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### **Full Circle Memory Wall**

An online memory wall to share photographs, quotes, and memories of your loved one.

[www.fullcirclegc.org/memorywall](http://www.fullcirclegc.org/memorywall)

### **The Healing Garden**

A web page for children with interactive activities to help them deal with their grief and loss through creative expression and companion interaction.

[www.healingthespirit.org/childs-place.php](http://www.healingthespirit.org/childs-place.php)

## APPENDIX

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The following pages contain sample letters and templates. These can be used when communicating with various entities (creditors, financial institutions, and insurers) and when writing an obituary.





# Notice of Death Letter

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To Whom It May Concern:

This letter is to inform you that my (husband, wife, etc.) passed away on (month, day, year). I would appreciate information on fringe benefits, such as group life insurance coverage, pension funds, accrued vacation or sick pay, disability pay, terminal pay allowance, gratuity payments, unpaid commissions, credit union balance, service recognition awards, etc.

Please send a list of documents you require and any necessary forms to be completed.

Sincerely,

(Your signature)

(Your full name)

(Your address)

(Your telephone number)

## Short Obituary Template

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Full Name (Year Born–Year Died)

[Deceased's Full Name], [age], of [city, state], died [where/of what] on [date].

[He/She/They] [was/were] born in [city] in [year of birth] to [parents' names], and [insert a childhood detail here]. [First Name] attended [school(s)] before ["studying (major) at (university name)," "going to work at (workplace name)," "joining (military branch)," etc.].

[First Name] was preceded in death by [name(s)/family members], and is survived by [name(s)/family members].

[1st service name/type] is [date of service #1] at [location of service #1], and the [2nd service name/type] is [date of service #2] at [location of service #2]. Donations to [charity name] would be greatly appreciated.

## Life Story Obituary Template

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Full Name (Year Born–Year Died)

[A sentence or two that briefly relates a memorable or colorful event in your loved one's life, or that sums up what they were most known for.] [Deceased's Full Name], [age], of [city, state], died [where/of what] on [date].

[He/She/They] [was/were] born in [city] in [year of birth] to [parents' names], who [insert what your loved one remembered most about their parents and/or interactions with them]. [Insert a few childhood memories here; they could be about school, childhood friends, vacations, hardships, etc.]. [Pronoun/Name] attended [middle/high school] before ["studying (major) at (university name)," "going to work at (workplace name)," "joining (military branch)," etc.]. [Elaborate on why this was important to them, or how it impacted their life]

ADD A PARAGRAPH FOR ANY OF THE FOLLOWING DETAILS YOU MAY WISH TO HIGHLIGHT:

SPOUSE – [First name] met the love of their life, [spouse's name] in [year] [at/while] [location/event]. [Insert a funny or heart-warming story of their early relationship.] Excited to start their new lives together, the two were married [date/location].

CHILDREN – [First name] and [partner's first name] couldn't wait to start a family of their own, and their children meant the world to them. [Insert children's names and/or happy family memories]

GRANDCHILDREN – Though [he/she/they] loved [activity], [activity], and [activity], [First Name]'s favorite role was that as a grandparent. [He/she/they] treasured their time with their grandkids and loved being their [grandparent nickname], never failing to [tradition/habit] or [tradition/habit]. [Insert a favorite story here.]

PETS – [First name] had a soft spot for their furry friends, treating each and every one like the valuable family member they were. [Insert story about a beloved pet here.]

FRIENDS – [First name] and [her/his/their] friends were practically inseparable throughout their lives. From [activity/memory] to [activity/memory], they were together through it all. [Include another favorite story or two here.]

JOB – [First name] was passionate about [her/his/their role] as [job title] at [company name]. Working for the company for [# of years], [insert memory here].

CHURCH/COMMUNITY GROUP – [First name] was an active member of [church/group name], devoting their time and energy to [organization goal].

HOBBIES – Everyone who knew [first name] knew how much [she/he/they] loved [hobby]. [Insert favorite story about hobby here.]

[First name] will always be remembered for [her/his/their] [specific quality] and the way that they [always did something specific]. We'll always imagine hearing them say "[catchphrase they're most known for]" one more time. We couldn't have asked for a better [parent/grandparent/sibling/etc.], and will miss [first name] every day. [Her/his/their] memory will live on in the hearts of all those who loved [her/him/them].

[First Name] was preceded in death by [name(s)/family members], and is survived by [name(s)/family members].

[1st service name/type] is [date of service #1] at [location of service #1], and the [2nd service name/type] is [date of service #2] at [location of service #2]. Donations to [charity name] would be greatly appreciated.

<https://www.legacy.com/memorial-writing/obituary-templates>



This guide was created in partnership by the following Chippewa County organizations: Department of Public Health, Overdose Fatality Review Team, Sheriff's Department, Chippewa Falls Police Department, Chippewa Falls Emergency Medical Services, Chippewa Falls Area Unified School District, and the Chippewa Health Improvement Partnership (CHIP) - Mental Health Action Team.



Contact the Chippewa County Department of Public Health for additional resources and support.



711 N. Bridge St.  
Room 121  
Chippewa Falls, WI 54729

health@chippewacountywi.gov  
(715) 726-7900

*"To live in the hearts we leave behind is not to die."*

*Thomas Campbell*