

"Blessed are those who mourn, for they shall be comforted."

~ Matthew 5:4

Right now you may be numb, confused, angry, sad or everything all at once. These are normal responses. Maybe you are ready to talk, maybe not. Sometimes the loss and emotions don't hit us until after the services and "normal" daily life goes on. That is why we have provided you with these resources, so that when things quiet down, you are not alone.

Grief is not something you have to experience alone. The following lists include individual counselors, school counselors, support groups, and general information on grief. Remember, it is a NORMAL response to loss. It is NOT a mental illness. Needing to talk to a friend, parent, pastor, youth minister, or counselor does not mean you are weak. Especially with traumatic grief, the process can be overwhelming and confusing. A mental health professional can help you process what you are experiencing.

➤ **Licensed Counselors:**

Fr. Garry Richmeier, LMFT, LPC

Life Source Counseling Center
2130 Saint Gaspar Way
Liberty, Missouri 64068
(816) 607-4853

Alex McEntire, LPC

816-533-5817
www.alexmcentire.com

Diana Johnson, LPC

816-718-5887
<https://www.linkedin.com/pub/diana-johnson-lpc/56/35b/284>

Kris Kopy

Parakaleo Therapy
kriskopy@me.com
816-204-7866

Rachel L. Willoughby, PLPC

816-912-7901
rwilloughby2@gmail.com
www.midtownpsych.net

<http://www.archkck.org/catholic-counselors>

➤ **Community Resources/Support groups:**

- **Solace House:**
 - <https://www.kchospice.org/counseling/>
 - <https://www.kchospice.org/grief-support/>

- **List of support groups:**
<https://www.avila.edu/counseling/documents/SuicideSurvivorsSupportGroups.pdf>

➤ **School Counseling Contacts:**

- **Rockhurst HS Counseling Department Office**
 - Office Hours: School days, 7:45 a.m. to 3:30 p.m.
 - Individual counselors are available at additional times (call for specifics)
 - Call 816-363-2036 and one of the extensions below, or sign in on an individual counselor's appointment sheet in the Counseling Office lobby.

Eric Berg, Ext. 152

Joe Delehunt, Ext. 153

Carol Dougherty, Ext 151

Michael Heringer (Chair), Ext 154

Tessa Fisher, Ext.155

Kevin McAdam, Ext. 233

- **St. Pius X High School:**

Richard Murphy,

Director of Counseling and Registrar,

English Teacher, Cross Country and Freshmen Women's Basketball Coach

Email: rmurphy@stpiusxhs-kc.com

Phone: 453-3450 ext. 249

- **St. Teresa Academy:**

816.501.0011

- **Amanda Johnson, M.S.W., L.C.S.W., L.S.C.S.W.,** Personal Counselor
- **Peg Marland, L.P.C.,** Part-time Counselor

- **Oak Park High School Counseling Dept:**

816-321-5320

WEBSITE: <http://ophscounseling.weebly.com>

- **Staley High School Counseling:**

816-321-5330

WEBSITE: <http://sthscounseling.weebly.com>

FACEBOOK: <https://www.facebook.com/sthscounseling>

- **Liberty North High School:**

Counseling Center

Main Line

736-5506

- **Winnetonka High School Counseling Dept:**

816-321-5340

WEBSITE: <http://wthscounseling.weebly.com>

- **North Kansas City High School Counseling Dept:**

816-321-5310

WEBSITE: <http://northtowncounseling.weebly.com>