

Older Adult Suicide Prevention Resource Guide



COUNTY OF SANTA CLARA
Behavioral Health Services

Supporting Wellness and Recovery

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Introduction



About this Resource Guide

Suicide is an important public health issue that can have lasting impacts on individuals, families, and communities. While suicide affects people of all ages, older adults in our county are at higher suicide risk than other age groups. In the past few years, over 20% of suicides in Santa Clara County (SCC) have been among older adults.

In response to this concern, the County Behavioral Health Services Department's Older Adult Suicide Prevention Workgroup has developed a resource guide. This guide is meant to help older adults by providing local resources that can help prevent suicide.

For more information on suicide prevention for older adults, visit scchope.org

Suicide Warning Signs

When a mental health challenge is ignored, it can lead to thoughts of suicide. Some common warning signs of suicide are listed below. If experiencing these or similar symptoms, reach out for help. Learn more by visiting suicideispreventable.org.

Thoughts

- Thinking life is not worth living.
- Thinking others are better off without you.

Feelings

- Feeling hopeless, desperate, or trapped.
- Feeling abandoned or betrayed.
- Feeling no sense of purpose.
- Sudden mood changes.
- Feeling ashamed of who you are.
- Feeling unbearable emotional pain.

Behavioral

- Giving away prized possessions.
- Doing reckless things that put you in danger.
- Putting affairs in order.
- Increased drug/alcohol use; other ways to numb pain.
- Withdrawing and spending most of your time alone.
- Not caring for personal hygiene or health needs.

Situational

- Conflict with or rejection from your family, support system, or community.
- Exposure to trauma, such as abuse or bullying.
- Financial stress.
- Chronic or terminal illness.
- Death or suicide of a loved one.
- Discrimination or being treated unfairly because of who you are.
- Not having others who understand you.
- Failure to meet expectations.
- Trouble adjusting to a new culture.

Physical

- Trouble coping with health changes.
- Unbearable chronic pain.

Verbal

- "I just want out."
- "I won't be around much longer."
- "I'm a burden to other people."

Financial Support



Getting financial support can lower stress and anxiety and help avoid crisis, which can prevent suicide. Explore the resources on the coming pages for available financial support with food, finance, and housing in SCC.

Food and Finance

BenefitsCal

(408) 758-3600

(mybenefitscalwin.org)

BenefitsCal is a portal for applying and accessing food assistance (CalFresh), cash aid (CalWORKs, General Assistance), and affordable health insurance (Medi-Cal).

Senior Nutrition

(408) 755-7680

(sccgov.org/snp)

The Senior Nutrition Program provides free or discounted meals to adults 60 and older in group settings, such as community centers and faith-based locations. Meal delivery is available for older adults who live alone.

Meals on Wheels

(800) 984-3663

(mysourcewise.com/programs-services/meals)

The Meals on Wheels Program provides meals to homebound older adults in SCC. This program helps older adults stay healthy, remain independent, and retain their dignity.

Second Harvest of Silicon Valley (800) 984-3663 (shfb.org)

Second Harvest of Silicon Valley offers eligible individuals free food, grocery, and nutrition education resources. Meal delivery services are available for those who are physically unable to leave their homes.

Housing



Here4You

(408) 385-2400

The Here4You call center hotline gives access to emergency shelter beds and referrals to temporary housing programs. Call centers operate everyday 9am-7pm.

Homeless Prevention System **(408) 926-8885** (preventionhomelessness.org)

The SCC Homelessness Prevention System Program assists low-income families or individuals who are at risk of losing their housing. Services include temporary financial assistance, legal support, case management, and other support options.

Supportive Services for Veteran Families (SSVF)

SSVF provides case management, temporary financial assistance, and other services to help veterans get housed and stay housed. The four agencies that provide SSVF services in SCC are:

- **HomeFirst** (408) 539-2100
(homefirstscc.org)
- **Goodwill of Silicon Valley** (408) 869-9174
(goodwillsv.org/vfs-program)
- **Sunnyvale Community Services** (408) 738-4321
(svcommunityservices.org)
- **Nation's Finest** (650) 566-0240
(nationsfinest.org)

People Assisting The Homeless (PATH)

(epath.org/regions/santa-clara) (408) 753-8735

PATH assists unhoused people in finding supportive housing.

Services are available to individuals, families, and Veterans who are homeless or at risk of losing their homes.

Safe Environments

Safe environments can make older adults feel better and prevent negative thoughts. Find available resources below and learn how to make environments safer.



Reduced Access to Firearms

Suicide by firearm is the most common method of suicide among older adults in SCC. Store firearms in secured places and limit access to guns for those who are at risk for hurting themselves. Visit BeGunSafe.org to explore local safe storage resources.



Save a life.
Time between you and a loaded gun
can make a difference.
It only takes seconds to safely
store your firearms.

COUNTY OF SANTA CLARA
Behavioral Health Services

Firearm Relinquishment

(408) 299-2311

countysheriff.sccgov.org/services/how-voluntarily-relinquish-firearms-sheriffs-office

The SCC Sheriff's Office accepts unwanted firearms from the community to keep guns from going to those who should not have them. Firearms can be turned in at participating local stations.

Gun Locks for Veterans

(650) 512-6463

(va.gov/palo-alto-health-care/health-services/suicide-prevention)

Gun locks are crucial for safe gun storage. Veterans can get a free gun lock from their local Veterans Affairs (VA) Suicide Prevention Coordinators.

Project ChildSafe

(projectchildsafe.org/get-a-safety-kit)

Free firearm safety kits are available upon request at Project ChildSafe locations throughout SCC. Contact an agency listed on the website to find out more.

Gun Violence Restraining Order (GVR0)

The Gun Violence Restraining Order (GVR0) is a tool for temporarily removing guns from individuals who are at risk of harming themselves or others. Find more information below:

- **Restraining Order Help Center** **(408) 534-5709**
- **Speak for Safety**
(speakforsafety.org)

Medication Overdose Prevention



Taking too much medicine can be dangerous and may lead to self-harm. Safely storing medications and properly disposing of unused medicines can help prevent suicide. Call the SCC Public Health Department **(408) 792-5040** to find disposal locations nearby.

MED-Project (med-project.org)

Med-Project offers free disposal options for medicines and sharps like needles and syringes. Anyone can drop off expired and unwanted medicines or sharp items at community drop-off kiosks. Find locations on the website.

SCC Opioid Overdose Prevention Project (SCCOOPP) (bhsc.sccgov.org/information-resources/opioid-overdose-prevention-project) **(408) 885-3412**

SCCOOPP provides free Naloxone kits and trainings. Naloxone (also known as Narcan®) is a life-saving medication used to reverse an opioid overdose. Keeping Naloxone on hand is an important safety measure in case an overdose happens.

Elder Protection

Protecting older adults from abuse and scams is essential in creating a safe environment for them. Elder abuse and financial scams can lead to emotional distress and harmful thoughts. Discover resources that protect against elder abuse and scams.

Adult Protective Services (APS)

socialservices.sccgov.org/protective-services

APS helps older adults who are victims of abuse, neglect, or exploitation. **To report abuse, call APS 24/7 hotline at**

(408) 975-4900 or (800) 414-2002

Long Term Care Ombudsman (408) 944-0567
ccscc.org/5/seniors-ombudsman

Report known or suspected elder abuse or neglect in a licensed long-term care facility by calling the Long Term Care Ombudsman hotline.

Senior Adults Legal Assistance (SALA)

sala.org

(408) 295-5991

SALA provides free legal services and education to SCC residents who are 60 or older. Contact SALA for legal assistance on elder abuse and other legal assistance

Healthy Connections

Healthy connections and support can help prevent suicidal behaviors by reducing feelings of loneliness. Check out the following resources that are designed to build connections.



Companionship

Friendship Line

(888) 670-1360

(ioaging.org/friendship-line-california)

The Friendship Line at Institute on Aging is a 24-hour free hotline for older adults. The Line accepts both crisis calls and non-urgent routine calls to give emotional support or just check in.

Friendly Voices

(650) 395-8017

(friendlyvoices.org)

Friendly Voices offers weekly phone conversations for isolated older adults. All Friendly Voices volunteers are trained in friendly conversation, supportive listening, and confidentiality. Cantonese, Hindi, Mandarin, and Spanish speaking volunteers are available upon request.

Community Engagement



Shared activities helps older adults feel belonged, less lonely, and happier. Contact these community centers to find ways to engage in community events and programs.

San Jose

- Alma Senior Center **(408) 275-1315**
- Almaden Community Center **(408) 268-1133**
- AACI **(408) 975-2730**
- Bascom Community Center **(408) 794-6289**
- Berryessa Community Center **(408) 251-6392**
- Billy DeFrank Community Center **(408) 293-3040**
- Camden Community Center **(408) 559-8553**
- Cypress Senior Center **(408) 244-1353**
- Evergreen Community Center **(408) 270-2220**
- Gardner Community Center **(408) 279-1498**
- John XXIII Multi-service Center **(408) 282-8600**
- Korean American Community Center **(408) 920-9733**
- Mayfair Community Center **(408) 794-1063**
- Portuguese Community Center **(408) 293-0877**
- Roosevelt Community Center **(408) 794-7555**
- Self-Help for the Elderly **(408) 873-1183**
- Seven Trees Community Center **(408) 794-1690**
- Southside Senior Center **(408) 629-3435**
- Yu-Ai Kai Senior Center **(408) 294-2505**

Campbell

- Campbell Adult Center

(408) 866-2146

Cupertino

- Cupertino Senior Center

(408) 777-3150

Gilroy

- Gilroy Senior Center

(408) 846-0460

Los Altos

- Los Altos Senior Center

(650) 947-2797

Los Gatos

- Addison-Penzak JCC
- Los Gatos Senior Center

(408) 357-7462

(408) 354-1514

Milpitas

- Barbara Lee Senior Center
- India Community Center

(408) 586-3400

(408) 934-1130

Morgan Hill

- Morgan Hill Senior Center

(408) 782-1284

Mountain View

- Mountain View Senior Center

(650) 903-6330

Palo Alto

- Avenidas

(650) 289-5400

Santa Clara

- Santa Clara Senior Center

(408) 615-3170

Saratoga

- Saratoga Senior Center

(408) 868-1257

Sunnyvale

- Sunnyvale Senior Center

(408) 730-7360

Transportation Assistance



Getting help with transportation is important for older adults, especially those who have trouble moving around. Explore the following resources to learn how to get around town and stay connected with others.

Avenidas Door to Door **(650) 289-5411**
(avenidas.org/programs/door-to-door)

Avenidas Door to Door gives rides to older adults living in Los Altos, Los Altos Hills, Mountain View and Sunnyvale in SCC. Cost varies.

Milpitas SMART **(408) 330-3302**
(milpitas.gov/smart)

Milpitas SMART is a rideshare service available for Milpitas residents and visitors. Services are only available within the city limits.

Valley Transportation Authority (VTA) ACCESS
(vta.org/go/paratransit) **(408) 321-2300**

VTA ACCESS Paratransit offers specialized transportation for eligible individuals with disabilities who cannot use transportation services.

Sourcewise Transit Service (408) 762-7362

[\(mysourcewise.com/programs-services/south-county-services/transportation/\)](https://mysourcewise.com/programs-services/south-county-services/transportation/)

Sourcewise Transit Service provides rides to older adults who live in Morgan Hill, San Martin, and Gilroy.

Reach Your Destination Easily (RYDE)

[\(rydesc.org\)](https://rydesc.org)

RYDE is a ride service for SCC older adults 65 or older. Fares are based on miles traveled. Financial aid is available. Service is offered in the zip codes below.

- **Saratoga, Los Gatos, Monte Sereno, San Jose zip codes:** (408) 892-9739
95120, 95124, 95110, 95112,
95116, 95118, 95119, 95122, 95123,
95139
- **Cupertino, Campbell, San Jose zip codes:** (669) 220-0831
95129, 95130
- **Morgan Hill** (408) 310-4250

Access to Care

Access to good healthcare and mental health services is critical for older adults who may be thinking of hurting themselves. Explore care resources available in SCC.



Medical Services

Hospitals

- **SCC Valley Medical Center** (408) 885-5000
- **O'Connor Hospital** (408) 947-2500
- **St. Louise Regional Hospital** (408) 848-2000
- **Good Samaritan Hospital** (408) 559-2011
- **Regional Medical Center** (408) 259-5000
- **Stanford Hospital** (650) 723-4000
- **Kaiser Permanente**
 - **Santa Clara Medical Center** (408) 851-1000
 - **San Jose Medical Center** (408) 972-3000
- **El Camino Health**
 - **Los Gatos Hospital** (408) 378-6131
 - **Mountain View Hospital** (650) 940-7000

Veterans Affairs (VA) Health Services

- Palo Alto VA Medical Center (650) 493-5000
- San Jose VA Clinic (408) 574-9100

Behavioral Health Services

Behavioral Health Services Call Center

bhsd.sccgov.org/programs-services/behavioral-health-services-call-center

(800) 704-0900

The County Behavioral Health Services Department (BHSD) offers a range of non-crisis mental health services for county residents. The Behavioral Health Services Call Center is the starting point for those seeking behavioral health services in SCC.

The Call Center gives free, 24/7 access to County services, including:

- Specialty mental health
- Substance use treatment or prevention
- Support for survivors of suicide
- General information, grievances, and appeals

Trained and licensed mental health and substance use treatment services professionals will provide support. Referrals for Assisted Outpatient Treatment are available.

Crisis and Suicide Prevention Lifeline

(bhsd.sccgov.org/get-help)

Call or Text* 988

For local area codes. All others call (800) 704-0900, press 1

**988 text English/Spanish only*

The County Crisis and Suicide Prevention Lifeline provides direct connection to free, confidential, and compassionate support.

The Line gives free, quality, anonymous support, 24/7 for anyone experiencing mental health distress, including:

- Thoughts of suicide
- Mental health or substance use crisis
- Just need to talk

Trained counselors answer all calls to give needed support. Calls are anonymous and confidential—information will not be shared unless in-person assistance is needed through one of the community mobile response teams.

Behavioral Health Urgent Care (408) 885-7855

(bhsd.sccgov.org/programs-services/emergency-services/behavioral-health-urgent-care-bhuc)

Behavioral Health Urgent Care is a walk-in clinic for SCC residents who are experiencing behavioral health crisis and need help.

National Alliance on Mental Illness (NAMI) SCC **(namisantacalara.org) (408) 453-0400 X1**

NAMI SCC offers support and refers community members to mental health resources through a free helpline, Mon to Fri, 10am-6pm.

Veteran's Crisis Line **Dial 988 then Press 1** **(veteranscrisisline.net)** **Or Text 838255**

The Veterans Crisis Line connects Veterans, service members, and those who support them. Access free, confidential support, 24/7.

LGBT Elder Hotline

- **SAGE LGBT Elder Hotline** **(877) 360-5428**
(sageusa.org)
- **LGBT National Hotline for Seniors**
(lgbthotline.org/senior-hotline) **(888) 234-7243**

Grief Support

Older adults experience grief and loss more often than other age groups. Grief can bring sadness and hopelessness and lead to suicidal thoughts. Contact local support for help after experiencing any kind of death or loss.



Kara

(650) 321-5272

(kara-grief.org)

Kara provides comprehensive grief support, crisis intervention and education to individuals and communities coping with death and loss.

Centre for Living with Dying (408) 850-6145

(billwilsoncenter.org/services/all/living.html)

Bill Wilson Center's Centre for Living with Dying provides emotional support to individuals dealing with life-threatening illness or those feeling the trauma of losing someone. The Centre also provides crisis intervention services and educational programs on grief and loss.

Gilroy Strong Resiliency Center (408) 209-8356

(countyda.sccgov.org/victim-services/gilroy-strong-resiliency-center)

Gilroy Strong Resiliency Center provides SCC residents with grief and bereavement support services, helping people cope with life transition events.

Check out the [Suicide Prevention Program's Grief Support Booklet](#) (bit.ly/sccgrief) to find additional resources.

Additional Local Services

Check out the resources below to learn more about services available for older adults in SCC.

Department of Aging and Adult Services (DAAS)

(socialservices.sccgov.org/about-us/departments-aging-and-adult-services) **(408) 755-7600**

DAAS promotes an age-friendly community for all county residents. DAAS helps older adults, dependent adults, and those with disabilities live safe and independent lifestyle.

Sourcewise

(mysourcewise.com)

(408) 350-3200 x1

Sourcewise provides access to services and resources for older adults in SCC. Speak with a Community Resource Specialist and learn tools that help navigate health and life options.

211 Bay Area

(211bayarea.org/santaclara)

Dial 211

2-1-1 provides information and referrals to connect people with health and human services in the community. 2-1-1 is available 24/7 in over 150 languages.

Services may not be provided in all cases. Each service should be contacted to verify eligibility.

Need Support Now?



NEW
Call or Text 988

Compassionate support if you or a loved one is in crisis, or just need to talk

Call 800-704-0900

For mental health or substance use treatment

Free | 24/7 | Anonymous | 200+ languages*
*988 text English/Spanish only

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Contact Us: To submit new agency, update information, or delete agency, email preventionservices@hhs.sccgov.org