



Grief Support in Santa Clara County

Find local support for bereavement
after experiencing any kind of
death or loss



COUNTY OF SANTA CLARA
Behavioral Health Services

Grief Counseling

Kara

kara-grief.org

650-321-5272

457 Kingsley Ave.

Palo Alto, CA 94301

Monday-Thursday:

9am - 4pm

Friday:

9am - 1pm

Support for:

- Children & teens
- Families
- Adults
- Schools
- Organizations
- Caregivers
- First Responders

Services:

- Peer support
- Crisis response
- Training & education
- Grief therapy
- Caregiver support

Bill Wilson Center: Centre for Living with Dying

billwilsoncenter.org/services/all/iving.html

[org/services/all/iving.html](http://billwilsoncenter.org/services/all/iving.html)

[ving.html](http://billwilsoncenter.org/services/all/iving.html)

408-850-6145

3490 The Alameda

Santa Clara, CA 95050

Monday-Friday:

9am - 5pm

Support for:

- Children
- Adolescents
- Adults

Services:

- Emotional support for adults & children facing life-threatening illnesses
- Crisis intervention services
- Educational programs
- The Healing Heart Program
- Support groups

Hospice of the Valley: Center for Grief & Loss

408-559-5614

4850 Union Ave.

San Jose, CA 95124

Monday-Friday:

9am - 4pm

Support for:

- Those with serious illness
- Those needing end of life care (older adults)

Services:

- Living with an illness
- Caring for a loved one
- Receiving care at home
- Grieving a loss

Grief Counseling continued

Pathways Hospice

pathwayshealth.org

[/grief-support](http://grief-support)

408-773-4329

585 North Mary Ave.

Sunnyvale, CA 94085

Monday-Friday:

8:30pm - 5pm

Support for:

- Open to all

Services:

- Grief counseling
- Grief support groups
- Workshops
- Memorial services

Gilroy Strong Resiliency Center

bit.ly/gilroystrong

center

408-209-8356

7365 Monterey Road

Gilroy, CA 95020

Tuesday-Thursday:

10am - 6pm

Support for:

- Victims
- First responders
- Community members

Services:

- Individual Counseling
- Support Groups
- Trauma Education

Support Group

The Compassionate Friends of SCC

compassionatefriends.org

riends.org

408-249-9570

1957 Pruneridge Ave.

Santa Clara, CA 95050

1st Tuesday of the

month: 7:30pm

Support for:

- Families who have lost a child

Services:

- Support groups
- Online communities

Suicide Loss Support Groups

SCC Suicide Prevention & Crisis: Survivors of Suicide Support Group

bit.ly/supportgroupscscc

408-885-6216

871 Enborg Court

San Jose, CA 95128

Support for:

- Suicide loss survivors

Services:

- In-person support group

Hospice of the Valley: Suicide Loss Support Group

hospicevalley.org

408-559-5600

4850 Union Ave.

San Jose, CA 95124

Support for:

- Suicide loss survivors

Services:

- In-person support group

Family Community Church: Hope After Suicide Loss

408-640-7144

478 Piercy Road

San Jose, CA 95138

Wednesdays:

7pm - 8:30pm

Support for:

- Suicide loss survivors

Services:

- In-person support group

American Foundation for Suicide Prevention: Healing Conversations

afsp.org/ive-lost-someone

Email: survivingsuicidelosloss@afsp.org

Support for:

- Suicide loss survivors

Services:

- In-person support group

Information on Grieving Youth

The HEARD Alliance

heardalliance.org/youth-grief

Resources for treating depression and related conditions, and preventing suicide in adolescents and young adults.

The Dougy Center for Grieving

dougy.org

Support for children, teens, young adults, and their families grieving a death.

Good Grief

goodgrief.org

Support for children, teens, young adults, and families after the death through peer support programs, education, and advocacy.

Commemorative events

American Foundation for Suicide Prevention

The International Survivors
of Suicide Loss Day

afsp.org/international-survivors-of-suicide-loss-day

Out of the Darkness Walk

bit.ly/afspsouthbaywalk

The Dinner Party

Life After Loss

thedinnerparty.org

Kara

Walk'n'Run to Remember

kara-grief.org/tag/walknrun

Books

Children

Tear Soup: A Recipe for Healing After Loss	P. Schweibert & C. DeKlyen
When Someone Dies	Sharon Greenlee
I Miss You, A First Look at Death	Pat Thomas
Lifetimes	Bryan Mellonie & Robert Ingpen
Someone Special Died	Joan Singleton Prestine
After Charlotte's Mom Died	Cornelia Spelman
Saying Goodbye to Daddy	Judith Vigna
The Keeping Quilt	Patricia Polacco

Teens

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love	E.A. Grollman
Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss	E. Samuel Traisman
You Are Not Alone: Teens Talk About Life After the Loss of a Parent	L. Hughes
The Grieving Teen: A Guide for Teenagers and Their Friends	H. Fitzgerald

Books

Adults

After a Parent's Suicide: Helping Children Heal Margo Requarth

Children, Teens and Suicide Loss AFSP

After Suicide Loss: Coping with Your Grief Jack Jordan & Bob Baugher

A Journey Toward Health and Hope SAMHSA

Living When a Loved One Has Died E.A. Grollman

Breaking the Silence: A Guide to Helping Children with Complicated Grief E.A. Grollman

The Rite of Return: Coming Back from Duty-Induced PTSD K. Lansing

The Courage to Grieve: The Classic Guide to Creative Living, Recovery, And Growth Through Grief J. Tatelbaum

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others L. Van Dernoot Lipsky

Permission to Mourn: A New Way to Do Grief T. Zuba

SANTA CLARA COUNTY

BEHAVIORAL HEALTH RESOURCES

Services are available for all ages and in other languages unless noted.

Suicide & Crisis Lifeline

988*

*For area codes other than 408, 650, and 669: (800) 704-0900, press 1

Free, 24/7 support for anyone experiencing mental health distress, including:

- thoughts of suicide
- mental health or substance use crisis
- just need to talk

Trained counselors will provide compassionate support to individuals in crisis. Speak to a clinician who can screen and assess crisis situations over the phone and intervene wherever the crisis is occurring. The lifeline is anonymous and confidential: information will not be shared unless in-person services are needed. Services may or may not involve law enforcement in emergencies.

Mental Health & Substance Use Services Call Center

(800) 704-0900

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 Text Line

Text **RENEW** to **741741** (English only)

Envía **COMUNIDAD** a **741741** (Spanish only)

Free, 24/7 crisis support via text message.

Crisis Intervention Team (CIT) Officer

911

In emergency situations, ask for a C.I.T. officer trained in mental health issues.

Follow us on Facebook: @cscbehavioralhealth

Follow us on Instagram: @cscbehavioralhealth

Follow us on Youtube: @behavioralhealth

Email: SuicidePrevention@hhs.sccgov.org



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