

# A resource for suicide attempt survivors



COUNTY OF SANTA CLARA  
**Behavioral Health Services**  
Supporting Wellness and Recovery


# A message of hope

You've survived a suicide attempt. You're still here. And we're grateful for that. Although it can feel like it will never get better, there are many healthy ways that help relieve the pain. It is possible to recover and build a life you can enjoy.

This resource is meant to help guide you on your way back. Use the resources found here to help inspire you on your journey. We're rooting for you as you take these crucial first steps toward recovery. Even when it's hard and feels unbearable, just know that you can do this.



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This resource was created for adults only. It is meant as a guide to access help and does not replace professional treatment of any kind.

# Support groups for adults 18+

## Connections

[save.org/peersupport](https://www.save.org/peersupport)

Connections is an online directory where people who are living with suicidal thoughts and feelings, including those who have survived attempts, can connect with others who have been there for support in their journey of recovery.

## NAMI Connection: Recovery Support Group

[namiantaclar.org/nami-scc-connection-recovery-support-group](https://www.namiantaclar.org/nami-scc-connection-recovery-support-group)

Connection is a free, peer-led support group for any adult living with the symptoms of a mental health condition. The meetings are led by nationally trained facilitators who are also living with a mental illness.



# Personal stories

Attempt survivors share their stories to help bring hope to those who may be struggling with thoughts of suicide.

## Life after suicidal thinking

[attemptsurvivors.com/legacy](https://attemptsurvivors.com/legacy)

Blog posts and stories for and by attempt survivors, set up by the American Association of Suicidology.

## Live through this

[livethroughthis.org](https://livethroughthis.org)

This is a collection of portraits and true stories of suicide attempt survivors across the United States.



**To find a group of people around whom I was accepted made me feel normal again, human. It was the most incredible thing.**

- Rohan Kallicharan  
(talking about suicide)

## Client stories

[survivorresources.org/grief-knowledge/client-stories](https://survivorresources.org/grief-knowledge/client-stories)

You're not alone. Client stories attest to survivor resources' ability to provide hope and support.

## Talking about suicide

[talkingaboutsuiicide.com](https://talkingaboutsuiicide.com)

Blog posts and interviews with suicide attempt survivors.



## **American Foundation for Suicide Prevention**

[afsp.org/after-an-attempt](https://afsp.org/after-an-attempt)

Various resources, videos, publications, research, and information for suicide attempt survivors and their families.

## **SAMHSA: A Journey Toward Health & Hope**

[bit.ly/samhsaafterattempt](https://bit.ly/samhsaafterattempt)

This handbook guides people through the first steps toward recovery and a hopeful future after a suicide attempt.

## **National Suicide Prevention Lifeline**

[suicidepreventionlifeline.org/help-yourself/attempt-survivors](https://suicidepreventionlifeline.org/help-yourself/attempt-survivors)

Access resources and tips for suicide attempt survivors. Finding hope after surviving a suicide attempt is possible.

## **Suicide Awareness Voices of Education**

[save.org/find-help/attempt-survivor-resources](https://save.org/find-help/attempt-survivor-resources)

The information provided is to be used as a starting point on your path to recovering from a suicide attempt.

## **SAMHSA: After an Attempt**

[bit.ly/afteranattempt](https://bit.ly/afteranattempt)

A guide for taking care of yourself after treatment in the emergency department.

## **Beyond Blue: Finding Your Way Back**

[bit.ly/yourwayback](https://bit.ly/yourwayback)

Finding your way back has been written to help you begin to answer important questions about your future wellbeing.

# For family members



## Health Magazine

[health.com/condition/depression/suicide-attempt-survivors](https://www.health.com/condition/depression/suicide-attempt-survivors)

10 Things Suicide Attempt Survivors Want You to Know. Article on learning from the people who have contemplated suicide.

## SAMHSA

[bit.ly/takecareofyourfamily](https://bit.ly/takecareofyourfamily)

A guide for taking care of your family member after treatment in the emergency department.

## The HEARD Alliance

[heardalliance.org/wp-content/uploads/TRIFOLD.pdf](https://heardalliance.org/wp-content/uploads/TRIFOLD.pdf)

Information to help a parent recognize a crisis, what to do in a crisis, and how to care for yourself during the crisis.

## Beyond Blue

[bit.ly/beyondblueguide](https://bit.ly/beyondblueguide)

Guiding their way back: A resource for people who are supporting someone after a suicide attempt.

## VA Health Care- Families of Veterans

[bit.ly/guideforfamily](https://bit.ly/guideforfamily)

A resource guide for family members of veterans who are coping with suicidality.

## VA Health Care: Talking to Children

[bit.ly/talktoachild](https://bit.ly/talktoachild)

Guidelines on how to talk to a child about a suicide attempt in your family.

# Apps

All apps listed are available on the App store and Google Play.



## **Most Days**

Most Days has collaborated with the American Foundation for Suicide Prevention to create routines for suicide grief and prevention.



## **What's Up?**

Provides easy-to-follow methods to help you cope with depression, anxiety, anger, stress, and more to find what helps you the most.



## **MY3**

Stay connected to your network when you are in a time of crisis. With MY3, you define your network, and your plan to stay safe.



## **Operation Reach Out**

Aimed at preventing suicide among military personnel and veterans. Developed by a team of suicide prevention experts.



# 30 day self-care challenge

Challenge yourself to start practicing self-care by doing 1 of the below ideas everyday. They don't have to be completed in order or within a month. Just choose one of the ideas and go from there.

<input type="radio"/> 1 Take a mindful walk	<input type="radio"/> 2 Clean up your room	<input type="radio"/> 3 Drink more water	<input type="radio"/> 4 Go to bed early	<input type="radio"/> 5 De-clutter and donate
<input type="radio"/> 6 Listen to music	<input type="radio"/> 7 Take an aromatic bath/shower	<input type="radio"/> 8 Journal how you feel	<input type="radio"/> 9 Write a self love list	<input type="radio"/> 10 Watch a movie
<input type="radio"/> 11 Start a vision board	<input type="radio"/> 12 Practice deep breathing	<input type="radio"/> 13 Stretch for 10 minutes	<input type="radio"/> 14 Call someone you love	<input type="radio"/> 15 Try a new recipe
<input type="radio"/> 16 Take yourself on a date	<input type="radio"/> 17 Read a book or a magazine	<input type="radio"/> 18 Write a gratitude list	<input type="radio"/> 19 Relax at a local park or beach	<input type="radio"/> 20 Try guided meditation
<input type="radio"/> 21 Update your budget	<input type="radio"/> 22 Watch the sunset or stargaze	<input type="radio"/> 23 Take a social media break	<input type="radio"/> 24 Color or paint	<input type="radio"/> 25 Have a spa day at home
<input type="radio"/> 26 Make your own affirmation	<input type="radio"/> 27 Re-organize 1 area	<input type="radio"/> 28 Try out a new hobby	<input type="radio"/> 29 Try a random act of kindness	<input type="radio"/> 30 Schedule a check-up

# SANTA CLARA COUNTY

## BEHAVIORAL HEALTH RESOURCES

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

### Suicide & Crisis Lifeline

For local area codes: 988

For non-local area codes: (855) 278-4204

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](mailto:SuicidePrevention@hhs.sccgov.org)



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